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Photo by Clay Lomneth

The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 2.2 million members. These wartime veterans, working through 14,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.



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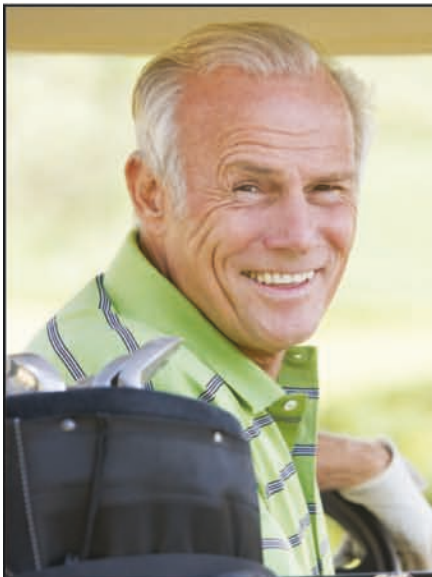
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'Nothing Wrong With You'

Great article by Ken Olsen on Gulf War Illness (January). I read with sadness the claims of "I've lost all hope," "It's so discouraging" and "Treated like trash." As a Vietnam veteran, I wish them all the best in their struggles.

It's uncanny, but in this same issue is an article on Agent Orange, which has been the Vietnam veteran's personal struggle for a lifetime. Most of us are senior citizens with grandchildren. After a while, you start to believe that the government has a master plan. If it puts these issues on the back burner long enough, we'll all just die off. Problem solved.

— Rich Host, Mesa, Ariz.

I did reserve drills at Fort Devens, Mass., from 1992 to 1994. My M60A3 tank driver, "Termite," was a Gulf War veteran. After being on the range all day, we were getting cleaned up for chow. I noticed a rash or series of small bumps on his arm. I asked him what it was. He replied with a shrug, "Saudi Syndrome. Dunno what it is, but they say it's not cancer." April 1994 is the last time I ever saw him. I have no idea what became of his "Saudi Syndrome."

If we rent a car, it has to be returned in the same condition we got it, right? If we damage it, we have to fix it. Well, Uncle Sam rented us and broke us, so he should have to fix us. Right?

— Jeffrey M. Keilen, Fort Worth, Texas

The article on Gulf War Illness provides multiple personal testimonies from veterans who are experiencing a variety of physical symptoms.

These can be a powerful way to support an argument, but unfortunately they are often used when there is a lack of hard evidence to support a claim. Until extensive research into the link between Gulf War veterans and physical problems is complete, VA will never acknowledge the connection.

— Josh Fisher, Lake Luzerne, N.Y.

Thank you for Ken Olsen's informative but sad article. It sounds as though progress is being made, and hopefully with the new executive, legislative (and presumably judicial) compositions, more progress will be made.

I have no special knowledge about Gulf War Illness, but from the description of symptoms I would suspect autoimmune disorders. The finding that HLA phenotypes are involved strengthens that suspicion. Presumably researchers have already looked at existing and

possibly novel autoantibodies, as well as identifiable helper (perhaps memory) T cells.

I support and encourage both the scientific and political approaches.

—Ron Schlesinger, Edmond, Okla.

Thanks to the Legion and Ken Olsen for again shining a bright light on this horrific yet clear betrayal of trust foisted on our warriors by VA.

Most unresolved problems share common DNA: lack of a sufficient definition, lack of an actionable plan and lack of resolute leadership. Do we for a minute think that the Mayo Clinic and other centers of medical excellence would approach these symptoms with the cavalier narratives Olsen documents?

Let us all believe that the new administration is willing to perform a reset on this process for not only Desert Shield and Desert Storm veterans, but all future theater veterans.

—Don Sitter, Pooler, Ga.

Public option in health care

Upon reading the latest Big Issues (January), I rushed to my copy of the U.S. Constitution and frantically began reading through it. However, I could find nowhere in it anything to factually back up Rep. Mike Honda's statement that health care is a human right "and must be affordable and accessible."

He also says we need to continue our efforts to ensure that every American has access to affordable health insurance. As a retired state probation

officer, I cannot relate how many times when I was interviewing clients that I asked what kind of car they had, and they replied that it was only a year or two old and a sports model. However, when I asked about insurance, they replied they could not afford any. Methinks they have their priorities insufficiently assigned, just as Honda has.

—Fred Snowardt, O'Neill, Neb.

Health care is not a right, as Rep. Mike Honda suggests; it only became political in the 1960s under President Johnson's Great Society failure. As for the statement that a public option "would offer low-cost health care and robust provider networks without compromising quality or access," this is utter nonsense and mathematically impossible unless Honda has a new formula he just uncovered from Albert Einstein or the accounting world. It is impossible to lower cost while providing the same level of quality and access. Anyone familiar with the law of the three-legged stool when applied to health care or any business enterprise knows that to keep things in balance all three legs need an adjustment when one is changed, even slightly.

—David P. Lamont, Burnsville, Minn.

'The Job's Not Done Yet'

VA Secretary Bob McDonald basically blames Congress for VA's problems (January). In fiscal 2015, his VA granted more than \$177 million in bonuses. Senior executives received on average \$10,000 each.

—Stephen Anderson, Alma, Kan.

Flu remedies

In reply to Martin Sayers' article (Living Well, January), a clove of garlic a day keeps the flu away. When you chew and swallow it, the allicin juice has strong medical properties.

When you consider that a one-year supply of garlic costs less than \$10, it is truly the most affordable health care. I slice a medium-size clove for my wraps and other meals, and I haven't had any colds, flu, sore throat or other infections for 25 years.

—Charles Sproull, Springville, Ind.

Agent Orange and new VA chief

I read with interest Tom Philpott's article about the new VA chief and the Agent Orange list (Veterans Update, January). What would be helpful is if the disparity between how veterans making the same claims are treated was addressed. I can go online and find incidents in which Air Force veterans in Thailand have been awarded benefits for their exposure to herbicides, yet I have been denied twice for the same condition (type II diabetes), having been exposed at the same base (Udorn) on the same flight line during the same period. No veteran should have to struggle with VA to present his case only to be told he doesn't qualify, when other examiners have made opposite determinations for the same conditions.

—Bruce Kann, McGregor, Iowa

Editor's note: In the January Commander's Message, Millsboro, Del., was wrongly identified as Milborn.

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– Janet F.

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Unfair treatment for Guard and reserves

Want to fight a war on the cheap? Well, if you're a Pentagon bean-counter, one way to save money is to deploy National Guard and reserve forces under Title 10, Section 12304b.

Under this little-known provision of the 2012 National Defense Authorization Act, reservists and Guard members can be involuntarily activated without receiving service credit toward benefits such as the Post-9/11 GI Bill, health insurance or early retirement.

Even more alarming is that the military has other authorization mechanisms that can be used to deploy these men and women. But they can choose to not use them. The main purpose of this insidious code appears to be budget savings.

Take the deployment of a task force of 294 Marines to Honduras last year, for example. Approximately 200 were reservists, according to Marine Forces South. While the active-duty Marines were able to accumulate full benefits, the reservists were not. Adding insult to injury, many of the reservists who deployed thought they were volunteering but learned later that their orders were classified "involuntary."

During the last Congress, Sen. Al Franken, D-Minn., introduced legislation to correct this injustice. It never made it out of committee. The American Legion hopes to see better results in the 115th Congress.

As bad as 12304b is, the misuse of 12301(h) medical orders is even worse. In 2010, Capt. Bryan Lowman of the North Carolina National Guard deployed to Afghanistan, where he contracted typhoid and went into a coma. After multiple surgeries overseas, he was notified while recovering at Walter Reed that his orders had been changed to reflect his medical status. Based on the active-duty time listed on his DD 214, Lowman should be entitled to 90 percent of his GI Bill benefits. Instead, VA downgraded his rating to 40 percent, and he was forced to take out student loans to attend Clemson University.

Sadly, Lowman's story is not unique. More than 20,000 reserve and Guard members have been placed on 12301(h) orders since 2007. Some of these veterans were wounded or injured in combat.

Since our organization's founding in 1919, The American Legion has been a champion for veterans' health care and other benefits. We wrote the original GI Bill and backed passage of the Post-9/11 version. As I say so often, the Legion's influence depends on a robust membership. To do our part in correcting the unfair treatment of our nation's heroes, we need numbers so that Congress will continue to hear our voice and act.

We exist to advocate for people like Sgt. Mark Wong, a Marine Corps reservist in Cleveland. "Once I heard about the (GI Bill) exemption, it blew my mind," Wong told *Stars & Stripes*. "We work the same hours as active-duty people doing the same job. The government is saying our sacrifice isn't worth as much as it is for those on active duty. But we leave behind families and our civilian careers too."

Sgt. Wong, the Legion believes your sacrifices are worth every bit as much as those made by your active-duty comrades. This inequity needs quick correction by Congress.

Charles E. Schmidt



National Commander
Charles E. Schmidt

MEMORANDA

AMERICAN LEGION BIRTHDAY

American Legion posts will celebrate the organization's 98th birthday this month. Download a suggested speech, share your story on the Legiontown blog, and start a post page on the Centennial Celebration website.

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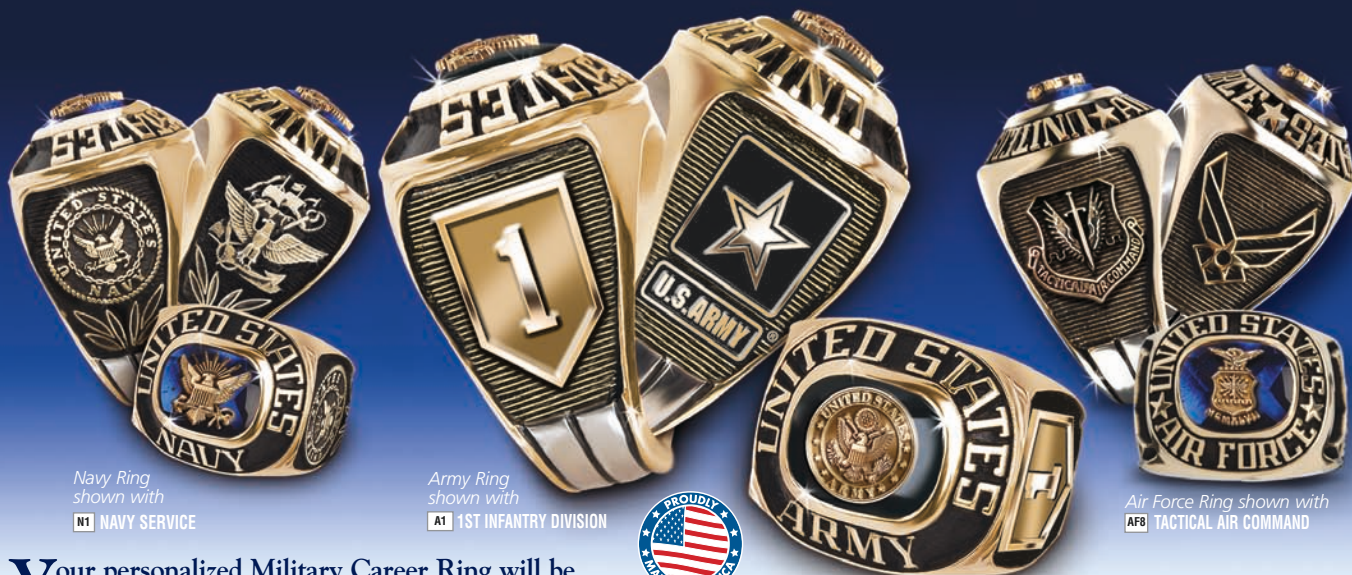
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CHAREMON DUNHAM

Charemon Dunham considers herself a “people person.” You could say that’s why she joined the Army when she found herself at a crossroads during college – and why she has spent nearly three decades serving The American Legion.

It all started when Dunham hung up her uniform and returned to her home state of South Dakota, where she attended a meeting at her late father’s Legion post in Iroquois. By the time it was over, she’d been elected post chaplain. Dunham has since climbed the leadership ladder, enjoying the camaraderie and marveling at all the Legion has done since its founding.

“I cannot imagine the United States without The American Legion,” she says. “We support veterans, but also our local communities. We help so much.”

That love for the Legion’s legacy led Dunham to serve for 10 years as department historian, compiling award-winning yearbooks for national department history contests. From there, she took on the role of national historian and was appointed to the Legion’s national 100th Anniversary Observance Committee.

Her enthusiasm for the big event is evident. Dunham has started several South Dakota posts’ pages on the Centennial Celebration website, and as department commander she’s encouraging every post to put its history online. In her view, there’s no better time than the centennial to talk about a local Legion post’s importance.

“We get used to doing what we’re doing and not letting people know,” she says. “What we’re doing now is laying the groundwork for a great future.”

BRANCH OF SERVICE Army (1974-1976, 1979-1990)

MILITARY JOB Personnel officer

RANK Captain

AMERICAN LEGION POST Bensley-Rounds Post 280, Iroquois, S.D.

YEARS IN THE LEGION 27

LEGION ACTIVITIES

- Department commander (2016-2017)
- National historian (2013-2014)
- Department vice commander (2011-2012)
- District commander (2008-2010)
- National Association of Department Historians of The American Legion president (2005-2007)
- Department historian (1998-2008)
- County commander (1996-1997)
- Post commander (1995-1997, 2003-2005)

“It’s not 100 years and we’re done. It’s a continuation. We have a lot to be proud of.”

Watch an interview with
Charemon Dunham online:

 www.legion.org/magazine

See an archive of past interviews:

 www.legion.org/iamlegion



Photo by Clay Lommeth



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Physical activity PAYS OFF

A study of more than 123,000 people 60 and older found that those with high levels of physical activity were 35 percent less likely to die during the 10-year study period than those who were inactive. Those with medium levels of activity were 28 percent less likely to die. Even those with low levels of activity – say, a 15-minute brisk walk daily – were 22 percent less likely to die during the study period, WebMD reports.

The results show that the more physical activity older adults do, the greater the health benefit, says David Hupin of the University Hospital of Saint-Étienne in France.

“Age is not an excuse,” he adds. “It is well established that regular physical activity has a better overall effect on health than any medical treatment.”

Nevertheless, less than half of older adults get the recommended minimum of 150 minutes moderate-intensity or 75 minutes vigorous-intensity exercise each week.



Media Bakery

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.



Media Bakery

UNDER CONTROL

Veterans looking for better diabetes management have options.

BY MARK L. FUERST

Army veteran Lewis Benko's life took a 180-degree turn when his doctor prescribed him insulin to help control his rising blood-sugar levels.

Benko, who served two years in the 1970s as a specialist in an engineer battalion, transitioned slowly to a vegan diet, joined a food co-op and enrolled in the MOVE! weight management program at the Albany Stratton VA Medical Center in New York. Within three months, his blood-sugar control improved, and he had reduced his finger-stick tests. Benko also lowered his blood pressure and reduced his oral diabetes medications by more than 75 percent, and stopped taking his cholesterol medication.

VA's MOVE! is the largest and most comprehensive weight-management program associated with a medical care system in the United States. Every veteran who receives obesity care at VA facilities is

screened and referred to weight-management services. Patients are offered several treatment options, including group sessions, telephone lifestyle coaching, in-home messaging and a mobile app.

As for Benko, he's one of more than 29 million Americans who have diabetes; nearly 8 million have it but have not been diagnosed. And diabetes continues to spread, with more than 1 million Americans diagnosed each year.

Diabetes is a problem that causes blood sugar (glucose) levels to rise higher than normal, called hyperglycemia. Any rise in blood sugar signals the pancreas to make and release the hormone insulin. You develop diabetes when your body can't produce enough insulin or properly use the insulin it does make.

Most patients have type 2 diabetes, in which the body does not use insulin properly,

VIETNAM VETERANS

1 IN 10 HAS HEPATITIS C AND
MANY DON'T EVEN KNOW IT

HEP C. THE FORGOTTEN VIRUS.

There's a virus out there that hasn't been talked about much, and you may not have heard about it. A virus that's serious, like HIV. **It's hepatitis C (Hep C).** Hep C can hide in your body for years, even decades, without causing any symptoms. But if left untreated, Hep C can cause liver damage and even lead to liver cancer.

Vietnam Veterans, especially those born 1945-1965, are at high risk for having Hep C. Many could have been exposed to Hep C due to unsterile vaccination procedures, or by coming into contact with contaminated blood during combat. The U.S. Department of Veterans Affairs recommends all veterans born 1945-1965 get tested for Hep C.

The good news is: **if you have Hep C, it can be cured.** Ask your healthcare provider at your next appointment to be tested for Hep C. It's the only way to know for sure.

FOR US, IT'S TIME TO GET TESTED.

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called insulin resistance. Your pancreas starts to produce extra insulin to keep blood sugar at normal levels, but over time the insulin-producing cells become exhausted and begin to fail, and you can't make enough.

About 5 to 10 percent of diabetes patients have type 1 diabetes, once called juvenile-onset or insulin-dependent diabetes. This is caused by the immune system attacking and permanently disabling the insulin-making cells in the pancreas.

Diabetes can be a deadly disease and is the leading cause of blindness and kidney failure among adults. You may suffer mild to severe nerve damage and circulation problems in your legs and feet, and you are at significantly increased risk of heart disease and susceptible to a stroke.

At 45, you should have a baseline test for type 2 diabetes and future diabetes risk, according to the American Diabetes Association. You should also be tested if you are overweight and have one or more additional risk factors, such as high blood pressure.

However, the good news is that if you have type 2 diabetes, you can take simple steps to keep it under control by exercising more and eating a healthy diet – and, if necessary, taking medication. Exercise allows your body to bind or take up insulin more efficiently. As for diet, eat more vegetables, whole-grain foods, lean proteins, fresh fruit and small amounts of fats. A Mediterranean-type diet includes healthy fats from oils and cutting back on carbohydrates.

Even then, many type 2 patients need an oral medication to improve high blood sugar levels. The American College of Physicians recently updated its recommendations on newer oral medications.



“Metformin, unless contraindicated, is an effective treatment strategy because it has better effectiveness, is associated with fewer adverse effects and is cheaper than most other oral medications,” says Nitin Damle, ACP president. Metformin has the added benefit of being associated with weight loss.

Many second oral medications are available, including sulfonylureas, thiazolidinediones or other newer add-on drugs.

You may require insulin injections to control your blood sugar. You will use a finger stick to collect a drop of blood on a test strip that is placed into a glucose monitor to determine how much insulin you should take. Newer continuous glucose monitoring systems that use a small sensor wire inserted just below the skin may help eliminate the need for some finger sticks.

Mark L. Fuerst is a Brooklyn-based health and fitness writer.

Go online to learn more about VA's MOVE! program:



www.move.va.gov

Eat right to fight arthritis

There is no magic diet that can cure arthritis, but as long as you're realistic about your goals, good eating habits can help ease your symptoms.

The Cleveland Clinic offers these diet tips for those with arthritis:

- **Omega-3 fatty acids have shown an anti-inflammatory effect, and less inflammation often means fewer arthritis flare-ups.** Good sources include wild salmon and other freshwater fish, flaxseed and olive oil. On the other hand, limit intake of omega-6 fatty acids, which are common in red meat and vegetable oils such as corn and sunflower oil.
- **There's some evidence that people with osteoarthritis who take vitamin D supplements experience less pain.** Small clinical studies and larger observational data on knee pain in osteoarthritis seem to back up these anecdotes. “If your levels are low, you can add more vitamin D through fortified dairy products, eggs, fatty fish and a few other sources,” the clinic states. “But it's not abundant in food, and we often recommend supplements.”
- **Vegetables such as broccoli, cauliflower and Brussels sprouts have anti-inflammatory properties.** In addition, cherries, blueberries and strawberries contain anthocyanins, which are shown to fight inflammation. And foods high in vitamin C – including bell peppers, citrus fruits and mangoes – can help, as long-term vitamin C intake “appears to have a protective effect against rheumatoid arthritis.”



How to Be Cut Off From Civilization

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This knife boasts a full tang blade, meaning the blade doesn't stop at the handle, it runs the full length of the knife. According to *Gear Patrol*, a full tang blade is key, saying "A full tang lends structural strength to the knife, allowing for better leverage ...think one long steel beam versus two."

With our limited edition **River Canyon Bowie Knife** you're getting the best in 21st-century construction with a classic look inspired by legendary American pioneers. What you won't get is the trumped up price tag. We know a thing or two about the hunt—like how to seek out and capture an outstanding, collector's-quality knife that won't cut into your bank account.

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Smart Luxuries—Surprising Prices™

Fly the cheaper skies

Know where to find discounts and deals when booking airfare.

BY LYN METTLER

Stocksnap.io

While the price of airfare has declined since 1979, according to Airlines for America, costs to transport bags and make changes to reservations are higher than ever. So while it may be cheaper to fly, you can expect to pay more out of pocket for luggage, seat selection, meals and other amenities.

How can you make sure you are paying the least possible for your next flight? We've got tips to help you keep more of your money to spend at your destination instead of on getting there.

MILITARY DISCOUNTS Airlines vary in the types of benefits and discounts they offer to active military and veterans. Most offer some form of reduced fare for active military and dependents, but that is often based on dates, route and other factors. Two of the most military-friendly airlines

are United and JetBlue, which provide active military and family members with a 5 percent discounted rate, as well as for veterans who are members of Veterans Advantage. Many airlines allow military to check multiple bags free, and Alaska Airlines even offers military personnel a discount for shipping a pet to help defray moving costs. Most require a direct call to secure these discounts and offerings.

BEST TIMES TO BOOK Knowing the ideal time to book a flight can generate additional savings. Tom Spagnola, senior vice president for supplier relations for CheapOair, says air travel was at an all-time high in 2016 and suggests booking as far in advance as possible. He especially recommends booking early for summer vacations, a peak season for high demand.

Planning a trip to [Walt Disney World](#) or [Universal Orlando](#)? Check out the store on [VisitOrlando.com](#) for [savings](#) on theme park tickets. The site often offers additional days free when purchasing online.



Vacation rental or hotel room? Compare both options for your next trip. Often [vacation rentals](#) may cost the same or less than a hotel room, but offer full kitchens, separate bedrooms and washer/dryers.





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Hopper, a mobile app that predicts and analyzes airfare, found October and January to be two of the lowest months for bookings. It's also important to book during fare sales. Southwest, for example, frequently has sales, though not all are rock-bottom prices. For the biggest sales, you'll typically see promotion via TV advertisements.

FINDING THE LOWEST FARES Using websites that aggregate data from multiple airlines is a good place to begin comparing fares, although some airlines, like Southwest, do not share their fare pricing and are not included. Sites like CheapOair, Kayak and Google Flights will show you multiple airline fares at once.

TripAdvisor has a flights index that searches through hundreds of premium and low-cost airlines, as well as the biggest online travel agencies, to find the best deals. It also offers low-fare alerts for you to get notifications when prices drop. It's typically cheaper to fly out on a Tuesday or Wednesday and during non-holiday periods, so it helps to be flexible with dates.

FREQUENT FLYER PROGRAMS Signing up for frequent flyer programs is an easy way to not only earn but accrue lots of miles with your favorite airline – without even flying. Spagnola suggests applying for a credit card with the airline you fly the most. "This will help earn mileage for every purchase made, and in some cases consumers will get double mileage when they book with their preferred airline on the credit card," he says.

Sometimes airlines will offer free baggage check with these cards, along with some complimentary lounge passes. Frequent flyer programs also offer points for starting online shopping through their websites and for signing up for discounted subscriptions to magazines and newspapers, none of which requires an actual flight.

One of the best deals in domestic travel is the Southwest Companion Pass, which lets travelers bring one person with them free on any flight for up to two years. A traveler can earn the pass by accumulating 110,000 of the airline's frequent flyer points, which is easily achieved by earning bonuses on two of their credit cards through everyday spending that is paid off monthly. **GotoTravelGal.com** offers a free guide on how to earn the pass.

Lyn Mettler is a freelance travel writer who blogs at GotoTravelGal.com.

Don't get caught unprepared should your car break down when traveling. A 2016 survey by Liberty Mutual Insurance found that **39 percent** of Americans fear their car will break down, but only **29 percent** drive with bottled water or spare food, only **36 percent** with a blanket and only **41 percent** with a first-aid kit.

Resort fees are cropping up at hotels around the world. Ask what's included in the fee to decide if it's worth selecting a resort charging these extra funds. At some places, like JW Marriott Marco Island in Florida, the resort fee is a good deal, providing free Wi-Fi, fitness classes, daily beach chairs and umbrella, and buy one/get one breakfast buffets for a nominal charge.



Photo courtesy Southwest Airlines

Travel insurance 101

Many airlines, tour operators and cruises offer travel insurance when planning a major trip. As with any insurance, it's hard to appreciate paying seemingly additional funds until you actually need it.

"A trip is like an investment, and travel insurance will help you protect that investment," says Heather Hunter, spokeswoman for AAA.

While every trip is a candidate for travel insurance, there are several factors that may increase the need for it. Hunter says that traveling during a period when your trip has a significant likelihood of being interrupted, such as during hurricane season in the Caribbean or southern United States, can be a good reason. Additionally, you might consider travel insurance when traveling to areas of the world that are more prone to terrorism, in the event of an attack.

There are many types of travel insurance policies covering everything from medical evacuation to baggage loss or delays. Services like **InsureMyTrip.com** help walk you through the various options and provide quotes from different insurance companies. Make sure you read the fine print to understand what is and isn't covered, when you need to purchase the policy, and the monetary limits.

Finally, check the coverage provided on any premium credit cards you hold, such as airline or hotel cards, or cards like Chase Sapphire Preferred, Chase Sapphire Reserve and Citi ThankYou Premier. While the coverage may not cover all instances fully, many offer a surprising number of benefits when booking travel with the card, like trip cancellation insurance, baggage loss and funds to purchase essential items when your baggage is delayed.

If nothing else, travel insurance buys you peace of mind, which can be invaluable in allowing you to truly relax and enjoy your vacation.

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“When I protect myself, this isn’t scary. Know what is scary at my age? Pneumococcal pneumonia.”

GET VACCINATED WITH PREVNAR 13®.

You’re over 50. Active. Young at heart. You take steps to protect yourself when doing the fun things in life. But taking one step to help protect yourself from a serious disease like pneumococcal pneumonia is just as important. Your risk increases as you age. It can lead to hospitalization, or in some cases, even death. Symptoms include coughing, fever, chest pain, and difficulty breathing. Pneumococcal pneumonia can be passed to others through a simple cough or sneeze. But just one dose of the PREVNAR 13® vaccine can help protect you. So ask if PREVNAR 13® is right for you at your next visit to your doctor’s office or pharmacy.



GET THIS ONE DONE.

INDICATION FOR PREVNAR 13®

- Pevnar 13® is a vaccine approved for adults 18 years of age and older for the prevention of pneumococcal pneumonia and invasive disease caused by 13 *Streptococcus pneumoniae* strains (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F)
- Pevnar 13® is not 100% effective and will only help protect against the 13 strains included in the vaccine

IMPORTANT SAFETY INFORMATION

- Pevnar 13® should not be given to anyone with a history of severe allergic reaction to any component of Pevnar 13® or any diphtheria toxoid-containing vaccine
- Adults with weakened immune systems (eg, HIV infection, leukemia) may have a reduced immune response

- In adults, immune responses to Pevnar 13® were reduced when given with injected seasonal flu vaccine
- In adults, the most common side effects were pain, redness, and swelling at the injection site, limitation of arm movement, fatigue, headache, muscle pain, joint pain, decreased appetite, vomiting, fever, chills, and rash
- Ask your healthcare provider about the risks and benefits of Pevnar 13®. Only a healthcare provider can decide if Pevnar 13® is right for you

You are encouraged to report negative side effects of vaccines to the US Food and Drug Administration (FDA) and Centers for Disease Control and Prevention (CDC). Visit www.vaers.hhs.gov or call 1-800-822-7967.

Please see Important Facts for Pevnar 13® on the adjacent page.

IMPORTANT FACTS



Pprevnar 13® (pronounced “Prev • nar 13”)

Generic Name: Pneumococcal 13-valent Conjugate Vaccine (Diphtheria CRM₁₉₇ Protein)

WHO SHOULD RECEIVE PREVNAR 13® (Pneumococcal 13-valent Conjugate Vaccine [Diphtheria CRM₁₉₇ Protein])?

- Pprevnar 13® is a vaccine approved for adults 18 years and older for the prevention of pneumococcal pneumonia and invasive disease caused by the 13 vaccine strains
- Pprevnar 13® is also approved for children 6 weeks through 17 years of age for the prevention of invasive disease caused by the 13 strains of *Streptococcus pneumoniae* included in the vaccine, and for children 6 weeks through 5 years for the prevention of ear infections caused by 7 of the 13 strains
- Pprevnar 13® is not 100% effective and will only help protect against the 13 strains included in the vaccine

Adults 18 years and older:

- In adults 18 years of age and older, Pprevnar 13® is given as a one-time, single dose

Children 6 weeks through 5 years of age:

- In children 6 weeks through 5 years of age, Pprevnar 13® is given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age
- **Catch-up schedule:** Children 15 months through 5 years of age who are considered fully immunized with Pprevnar® may receive 1 dose of Pprevnar 13® to elicit immune responses to the 6 additional strains
- The immune responses from the catch-up schedule might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Pprevnar 13®

Children 6 years through 17 years of age:

- In children 6 years through 17 years of age, Pprevnar 13® is given as a single dose

WHO SHOULD NOT RECEIVE PREVNAR 13®?

Children or adults who have had a severe allergic reaction to any component of Pprevnar 13® or any diphtheria toxoid-containing vaccine should not receive Pprevnar 13®

BEFORE STARTING PREVNAR 13®

Tell your healthcare provider or your child's healthcare provider about all medical conditions, including:

- Previous allergic reactions to other vaccines
- Especially tell the healthcare provider if your child or you are taking medicines that can weaken the immune system, such as steroids (eg, prednisone) and cancer medicines, or are undergoing radiation therapy
- If you are pregnant or nursing, or if you plan to become pregnant

WARNING

- A temporary pause of breathing following vaccination has been observed in some infants born prematurely. Decisions about when to give Pprevnar 13® to infants born prematurely should be based on consideration of the individual infant's medical status, and the potential benefits and possible risks of vaccination
- The safety and efficacy of Pprevnar 13® when given to persons with a weakened immune system (such as HIV infection, damaged spleen, cancer, or kidney problems) is not known. Children or adults with a weakened immune system may have a reduced response to Pprevnar 13®

WHAT ARE THE POTENTIAL SIDE EFFECTS?

- In adults, the most common side effects were pain, redness, and swelling at the injection site, limitation of arm movement, fatigue, headache, muscle pain, joint pain, decreased appetite, vomiting, fever, chills, and rash
- The most commonly reported serious adverse events in children were bronchiolitis (an infection of the lungs) (0.9%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%), and pneumonia (0.9%)
- In children 6 weeks through 17 years, the most common side effects were tenderness, redness, or swelling at the injection site, irritability, decreased appetite, decreased or increased sleep, and fever. Most commonly reported side effects in children 5 years through 17 years also included hives

WHAT SHOULD I KNOW ABOUT RECEIVING PREVNAR 13® WITH OTHER VACCINES?

- In adults, immune responses to Pprevnar 13® were reduced when given with injected seasonal flu vaccine
- When given within 1 year following pneumococcal polysaccharide vaccine, immune response to Pprevnar 13® may be lower

ADDITIONAL IMPORTANT INFORMATION

- The safety and effectiveness of Pprevnar 13® when used in children less than 6 weeks of age is not known
- In a study in which children received acetaminophen prior to Pprevnar 13®, immune responses to some strains in the vaccine were lower compared with responses among children who received acetaminophen after vaccination only as needed
- Ask your healthcare provider about the risks and benefits of Pprevnar 13®. Only a healthcare provider can decide if Pprevnar 13® is right for you or your child

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your healthcare provider or your child's healthcare provider for complete product information
- Go to www.Pprevnar13.com or call 1-800-666-7248

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Based on LAB-0469-14.0 (August 2016)

Rx only

Military exchanges opening to millions

BY TOM PHILPOTT

Any honorably discharged veteran will be allowed to shop online for discounted military exchange products starting Nov. 11, Veterans Day, under a policy change announced by the Department of Defense. As many as 16 million veterans stand to benefit.

Peter Levine, acting undersecretary of defense for personnel and readiness, signed a memorandum in January announcing the benefit expansion. Months of preparation are needed to make e-shopping portals more robust and to allow the Defense Manpower Data Center (DMDC) time to create software for verifying veteran status using VA records.

Several million veterans are already eligible to shop in exchanges – on base or online – because they are active or reserve component retirees, 100 percent disabled from service-connected injuries or ailments, or Medal of Honor recipients. Thomas Shull, chief executive officer of the Army and Air Force Exchange Service (AAFES), led a three-year effort to expand online exchange shopping to all honorably discharged veterans. One reason was to reward their service with exchange product savings that, on average, will be near 20 percent versus commercial department store prices when military exemptions from state and local sales tax are also considered.

Shull also wants to increase exchange revenues to help offset troubling declines from the drawdown of active-duty forces, base closures and the end of military tobacco discounts to encourage healthier lifestyles.

The Navy, Marine Corps and Coast Guard exchange services joined Shull and AAFES in pushing for the shopping benefit expansion. They worked with Levine's office and resale board executives to refine the proposal.

The online benefit does not extend to dependents, though spouses and family members could use an authorized customer's login credentials.

With DMDC verifying shopper identities electronically, the department will not have to produce special ID cards. DMDC estimates that 13 percent of eligible veterans, primarily those who served before 1981, might not be in its database.

Guidance will be issued before November for veterans to verify their access eligibility.

An audit of public comments to earlier news articles on the plan showed 90 percent support for allowing veterans to shop online. The online exchange benefit should have no significant cost impact for taxpayers. The four exchange services are to maintain independent websites and separate online portals to the selection of goods they offer. But when verifying eligibility to shop, all online users might experience a common landing page to access the exchange benefit, officials said.

The business case for expanding the online benefit calls it “a low-risk, low-cost opportunity” to better fund morale, welfare and recreation (MWR) programs and quality-of-life activities. It also notes that smaller percentages of recently discharged veterans are

serving until retirement to qualify for base shopping, yet a higher proportion of them probably had multiple deployments.

The Veterans Online Shopping Benefit is a way to recognize the contributions of all who served while strengthening the benefit to better serve current patrons. Expanded access to veterans is expected to at least double exchanges' online presence, helping attract better terms from vendors, more competitive merchandise assortments and improved efficiencies.

Exchanges project \$18 million to \$72 million in new annual earnings when the online operation is fully matured. Half of the added earnings would typically be distributed as higher dividends to MWR programs, which have come under budget pressure as the services divert funds to more immediate readiness needs.

The more highly prized commissary benefit isn't being opened to all veterans. Current exchange patrons won't see more store traffic. Discounts for exchange shopping on base are expected to remain higher than savings online. These factors helped persuade major military associations to back the initiative.

Tom Philpott has been covering military personnel and veterans issues for nearly 40 years.



Wikimedia Commons



Chris Brown, co-founder and president of Growing Veterans, discovered that planting gardens helped him reconnect with the world around him.

Growing Veterans

A Marine Corps veteran teams up with a trauma counselor to prevent suicides, through farming, fellowship and an effort to end the stigma of getting help.

BY KEN OLSEN
PHOTOS BY CLAY LOMNETH

Last year, an Afghanistan war veteran who had decided to kill himself drove to a century-old farm in the evergreen foothills of Skagit County, Wash., as a final trip before he died. A friend had long encouraged him to visit the former dairy operation turned organic vegetable farm. No pressure. No expectations. Just a chance to hang out with fellow veterans as they planted seeds, pulled weeds and harvested produce.

That first visit was followed by a second, a third and then several more, until Collin McInnis was focused on bringing life out of the soil rather than taking his own. These are the fruits of Growing Veterans, a small but potent nonprofit in northwest Washington co-founded by a former member of the 2/7 Marines – which has the highest suicide rate among young male veterans – and a civilian mental health counselor who turned to farming to ease her own stress.

“I can say with absolute confidence there are at least two or three veterans who, because of their involvement with us – being out in the field, connecting with other veterans – were prevented from committing suicide,” says Marine Corps veteran Chris Brown, co-founder of Growing Veterans.

“I suspect there are a lot more. I wish all the veterans from my unit who are gone could have experienced this.”

Although Growing Veterans is barely five years old, it’s experiencing remarkable success helping



An old tractor has new life at Growing Veterans’ Whatcom County Farm in Lynden, Wash.

combat veterans ease back into civilian life, in part by reducing their isolation and eliminating the stigma of getting mental health treatment.

“One of the biggest problems is that you are a badass,” says Navy veteran Kenny Holzemer, executive director of Growing Veterans and a member of American Legion Post 7 in Bellingham. “You don’t need help from

anybody. You don’t want to be seen as weak. We make it OK for them to tell their story, OK to shed a tear, OK to seek help.”

“It’s not like sitting in a windowless office with a therapist asking, ‘How does that make you feel?’” adds Mike Hackett, who served on assault ships during a 14-month tour with the Brown Water Navy in Vietnam. “Out here, they can just be who they are.”

HOMEcoming Brown had sustained substantial wear and tear by the time he left the Marines after three combat tours in 2008. He was wounded during his second deployment and has a mild traumatic brain injury, PTSD and other conditions. He struggled to find his identity in the civilian world. He struggled with anger. He drank.

Brown’s father intervened after he ended up in a fistfight with a childhood friend and told him how a similar incident in the Navy had prompted him to get counseling. “He didn’t leave that night until I promised to get help,” Brown says.

A counselor at the Bellingham Vet Center arranged to meet Brown on Veterans Day. “He



Justin Blotsky, an Army veteran and farm tech for Growing Veterans, picks beets at the group's Skagit County farm.

could tell over the phone I was probably somebody he should meet with right away,” Brown says. “His desire to go above and beyond inspired my trust in him. The rapport with him was amazing.”

The counselor, a retired Army medic who had dealt with his own trauma, suggested Brown try growing plants as a means of reconnecting with the world around him. Because his apartment balcony was the only available space, Brown got a large flowerpot and planted mint, cucumber and other vegetables. It was a disaster. But rather than quit, he planted larger and larger gardens.

“You are bringing life into the world and using it to sustain your own life,” he says. “After being around war and death, it was pretty cool and therapeutic.”

A year later, Brown became a work-study student at the Vet Center, where another Vietnam veteran delivered a prescient warning. “He looked me in the eye and said that when he got home, a lot of his friends committed suicide,” Brown says.

In the seven years since that conversation took place, 16 men from his unit have killed themselves,

including men he knew quite well. This on top of the 41 men of the 2nd Battalion, 7th Marine Regiment who were killed during Brown’s combat deployments. In 2012, VA reported that Washington state tied Idaho for the highest veteran suicide rate in the nation.

Brown’s original college plan – finish a computer information systems degree so he could avoid dealing with people and his PTSD – went out the window.

“I realized as much as it sucked to go overseas and lose a lot of people, I was fortunate to be here,” he says. “The way to honor that and honor the guys who didn’t make it back was to make a career helping others transition home.”

He switched his major to human services, then spent a year working on an organic farm after earning his bachelor’s degree. That persuaded him that farming was an ideal venue for coaxing veterans out of isolation and helping them complete their journeys home. He started searching for someone with sustainable-agriculture expertise, which led him to Christina Wolf.

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Brown says dirt therapy does wonders for struggling veterans.

FARMHAND Like Brown, Wolf knows the devastating consequences of suicide. She had been a trauma and grief counselor whose clients included children of parents who had taken their own lives. After seven years of this emotionally intense work, she closed her practice.

"I had a client who was a Vietnam veteran who committed suicide," Wolf says. "That really left a dent in my heart."

Wolf found solace working on the Bellingham Food Bank's organic vegetable farm. She got a call from Brown about the time that program ended. She immediately wanted to help.

"I thought, 'This is what I was born to do,'" she says. "It made so much sense to get people out of their apartments and into the field nurturing life. It is deeply satisfying. It is good for the human spirit."

Brown and Wolf co-founded Growing Veterans in early 2012 and rented the same acreage that Wolf had managed for the food bank. "I just knew veterans would take to farming," she says. "They know how to set selfish needs aside, work as a team, focus on a mission."

Within a year, Growing Veterans started the first farmer's market at the Seattle VA Medical Center. Open every Thursday between May and December, it is an ideal place to connect with veterans. And

the demand for its organic produce is high. The first time Growing Veterans set up a booth at the Seattle VA, it sold out in two hours.

"We brought a lot more stuff the next week," Wolf says.

TEAMWORK Many of the servicemembers who first got involved with Growing Veterans knew Brown from Western Washington University, where he studied. Joel Swenson, a former airborne medic, had also struggled since leaving the Army in 2011. He was surprised by what he found here.

"It blew me away how much camaraderie there is," says Swenson, who has gone from volunteer to manager of Growing Veterans' Starbird Farm near Mount Vernon. "It's kind of like being back in the Army. We pull each other's weight. And just being able to interact with other veterans who have been through the same struggle helped me a lot."

Scotty Irwin, on the other hand, discovered Growing Veterans while trying to find help for a friend who was struggling with PTSD. In the end, Irwin came to the farm instead. A former combat medic who had a career in emergency medicine, she had experienced significant personal loss, including the suicide of a veteran with whom she had trained.

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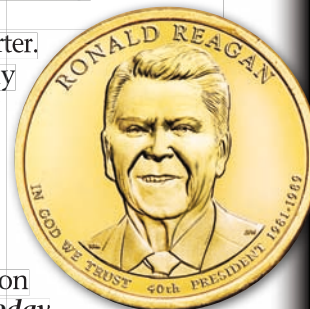
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"I liked the idea of working together collectively and working outside and doing something physical," says Irwin, Growing Veterans' market manager and a member of American Legion Post 181 in Lake Stevens. "You are reconnecting with your surroundings. And growing food is nothing short of a miracle."

Growing Veterans' small-scale approach to farming provides a safe and relaxed space for veterans to connect while planting and weeding. "(Here) they feel comfortable talking to someone else and they talk more," Wolf says. "Some veterans probably find this setting more welcoming or less intimidating than a traditional support group."

"If you share the deepest, darkest concerns of your soul when you are out among the rows of radishes and sweet corn, you know it will stay there," Holzemer adds.

Getting your hands dirty also has significant physiological and psychological benefits. "Microbes in the soil exude a chemical that is absorbed through your skin, carried to your brain and causes your brain to release serotonin," Wolf says. "It's called dirt therapy. It's as effective as Prozac."

A Seattle University researcher who is studying Growing Veterans says the preliminary results are impressive.

"It has a significant impact on improving veterans' emotional and social well-being," says Arie Greenleaf, an assistant professor of counseling and a Marine Corps veteran. "Some veterans feel less isolated, less lonely and experience more hope about their future. What's happening there is not due to chance and it's not due to something random."

PEER SUPPORT As Growing Veterans flourished, its founders realized they needed to formally train employees and volunteers to assist veterans who are struggling. "Some of our people didn't have the right listening skills," Brown says. "Some didn't have the comfort level or the confidence to use their own story to motivate change in another veteran."

Brown worked with mental health professionals and veterans to develop a three-day peer support training that is now mandatory for Growing Veterans' employees. "We learn to recognize the language of isolation," Holzemer says. "We learn to recognize the language of self-harm."

"Mental health counseling has a big stigma in the military and, to a certain extent, in society," Brown adds. "With peer support, you can break it down. You can say, 'Hey, I talked to somebody, and it helped.'"



GO ONLINE

Watch a video about the Growing Veterans program:
www.legion.org/legiontv

View a photo gallery:
www.legion.org/photos

Growing Veterans now provides peer support training to regional leaders of The Mission Continues and Team Rubicon. "We realized how needed peer support is," Brown says. "If we can do this, maybe we can help other veterans service organizations do it as well."

Today, Growing Veterans raises organic produce on three farms between Lynden and Auburn. They have nine paid staff, 550 members and draw volunteers from a 200-mile radius. They sell between 600 and 1,000 pounds of vegetables a week at the Seattle VA Farmer's Market and provide produce to a half-dozen food banks. They have had requests for peer support training from individuals and groups in 30 states.

Brown earned his master's degree in social work from the University of Washington and is seeking a job as a counselor at the same Vet Center where he first got help. He stepped away from day-to-day operations at Growing Veterans to become a licensed counselor but continues to serve as board president.

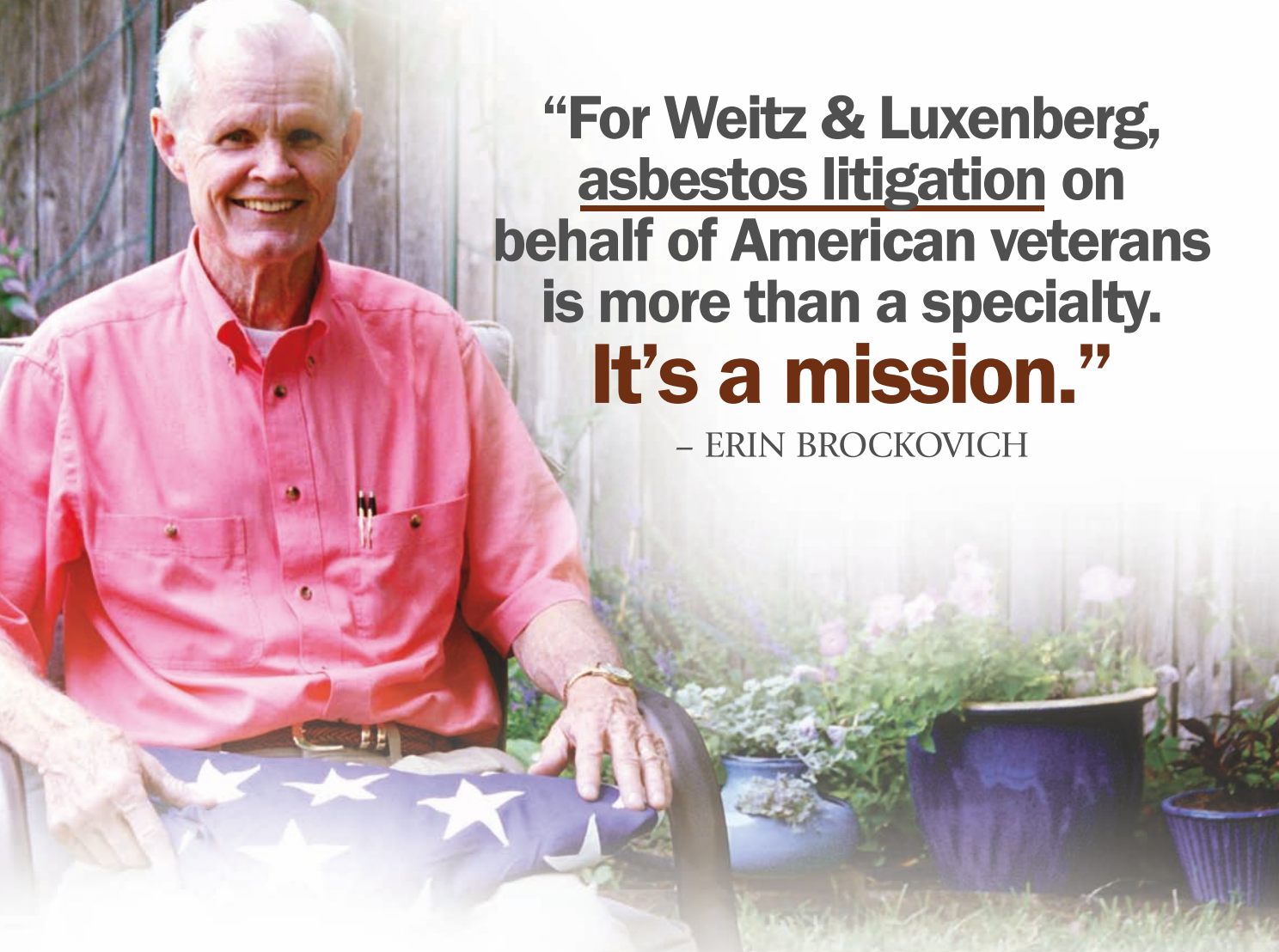
There are plenty of challenges: the constant need to find funding, concern for the veterans they might not reach in time. But there is no question that this cadre of veterans and civilian volunteers is a force of support for former warriors who are navigating their homecoming, whether they left the military in 1969 or 2016.

They see it in the veterans who go from reticent loners to effusive volunteers. They hear about it from men and women who quietly pull them aside to thank them for reaching out. They read about it in letters from people whose lives they've touched.

"It's those moments when you find somebody who was seriously contemplating suicide but now has decided to live because they have a new purpose and a community of friends who care about them," Wolf says.

"The bottom line," Irwin adds, "is that we're saving lives." 🌿

Ken Olsen is a frequent contributor to The American Legion Magazine.



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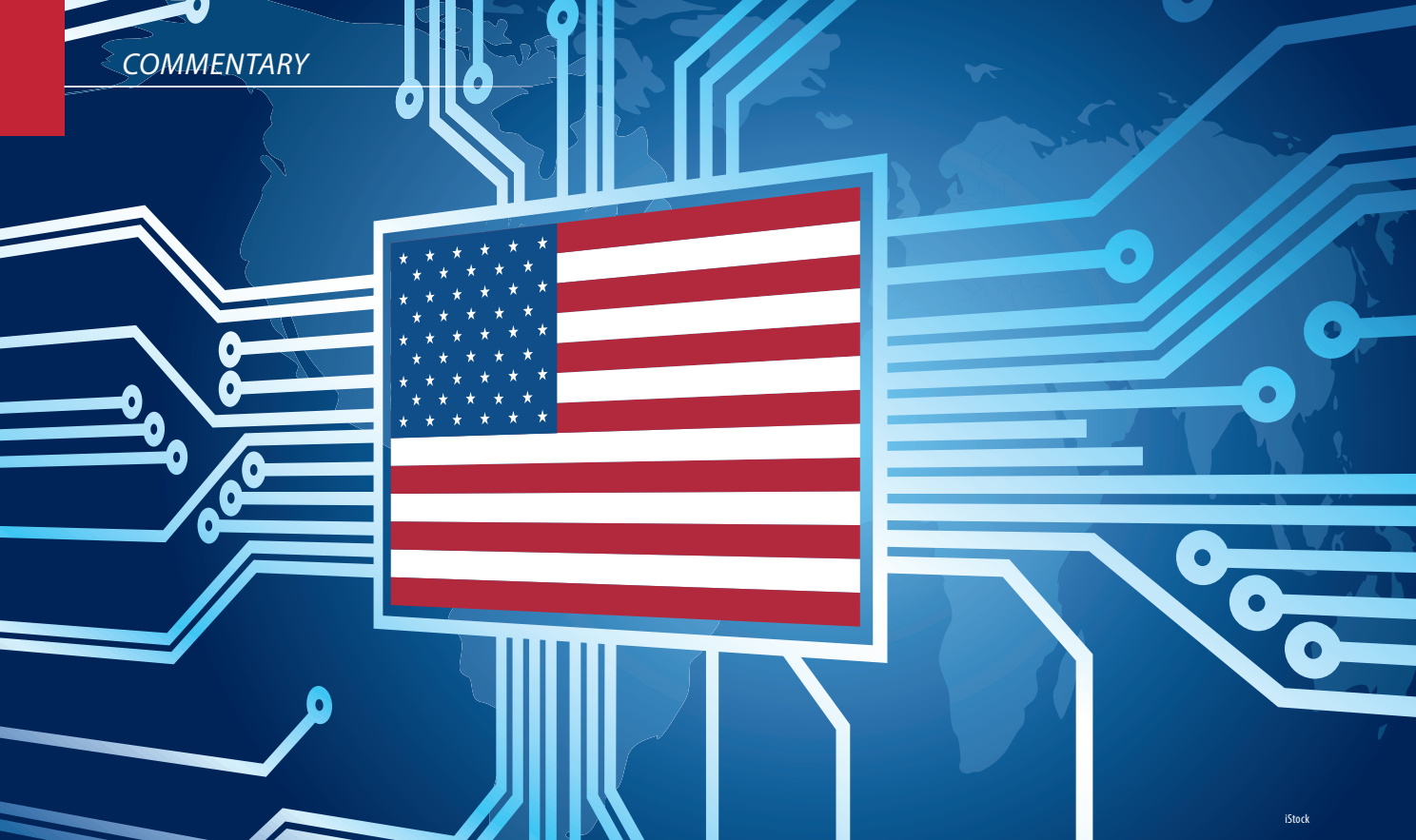
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GLOBAL SECURITY, ECONOMIC STRENGTH

The United States has all the resources for a winning hand, provided it stays competitive in a changing world.

BY DEBORAH WINCE-SMITH

Throughout history, nations with both a strong economy and a strong military have shaped human civilization. From ancient times to our modern world, the creation, mastery and use of new knowledge and technology have played a critical role in this leadership, and have determined which societies, countries and economies flourished, gained geopolitical power and changed the course of history.

Continuing this historical progression in the 20th century, the United States rose as a global economic and military giant on the foundation of its industrial and technological might. Since the Cold War, as the world's only remaining superpower, the United States has shaped the evolution of the global

economy and geopolitical landscape, promoting freedom, democracy, free trade and open markets around the world. Hundreds of millions of people globally have risen out of poverty on the basis of these principles.

It takes wealth to build and sustain a strong military force, and it takes a strong economic engine to build that wealth. This depends heavily on a nation's scientific and technological prowess. Economists have estimated that advances in knowledge and technology have been responsible for at least half of long-term economic growth among advanced economies. U.S. industry plays the pivotal role in converting that new knowledge and technology into the competitive products and

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Since 1986, the U.S. gross domestic product has grown 109 percent. Foreign direct investment to the United States as a share of GDP has almost tripled. Trade as a share of GDP has risen 66 percent.

Source: 2016 Clarion Call

services that generate our nation's economic growth and wealth.

U.S. industry's competitiveness and the U.S. military have been closely intertwined. For example, in the postwar era, U.S. defense research and development (R&D) set the direction for world technology. In 1964, U.S. defense R&D alone was two-thirds as large as all government and industrial R&D – both civilian and military – performed by Germany, France, the United Kingdom, Italy, Sweden and Japan combined.

U.S. companies used the technologies emerging from federal and defense R&D to develop and grow new commercial industries. For example, in the aerospace industry, defense-related research supported the development and refinement of jet engines, aluminum airframes, civilian airliners and communications satellites. Federal and defense R&D programs supported important advances in computing and software that were applied in the emerging commercial computer industry. Of the 45 major advances in software originating in the United States between 1950 and 1980, 18 were funded by the federal government. These provided important benefits to the U.S. commercial software industry, which today dominates the global market.

However, we have moved to a multipolar science and technology world. In 1960, the United States accounted for more than two-thirds of global R&D. Today, two-thirds is performed somewhere other than the United States. For example, China's investment in R&D has grown more than fivefold in the past decade – from \$70 billion in 2004 to \$368 billion in 2014 – and is now second only to U.S. investment. Game-changing technology can emerge almost anywhere, and the United States is no longer assured of global leadership in all areas of technology critical for commercial and defense applications.

THE ADVANTAGE IS OURS ... FOR NOW The globalization of technology comes at a time when the role of advanced technology is vastly expanding in defense across all fields of action: air, land, sea, outer space – and the new domain of cyberspace, where DoD must defend millions of devices linked into thousands of networks that are probed millions

of times each day by unauthorized users. Robots, drones, and other autonomous and unmanned systems will increasingly extend operational capabilities, lower the risk to soldiers and lower costs. Sensors will permeate the operational environment, expanding intelligence-gathering, increasing battle-space awareness, monitoring the condition of soldiers in the field and improving logistics. Data analytics will enhance decision-making, while new materials will strengthen structures of all kinds or provide unimaginable properties and novel functions.

Advances in technology are creating a stronger, safer, smarter and more shielded U.S. soldier. Even the combat uniform is going high-tech with revolutionary textiles and fibers. These technical textiles could protect against microbes, insect-borne diseases, cold weather, cuts and abrasions; enhance flame resistance; screen for toxic chemical and biological agents; and provide biomedical monitoring. Wearable electro-textiles could provide power generation and personal cooling, and reduce a soldier's thermal signature. Ultimately, many of these advancements in textiles and fibers will have civilian applications, offering the United States an opportunity to lead the world in high-tech fiber and textile manufacturing.

In some areas of cutting-edge technology, DoD may need to rely on sources outside the defense-industrial complex – for example, where DoD represents a small slice of the customer base and does not drive the marketplace, the manufacturing base or the technology race. For example, information technologies, advanced imaging and advanced microelectronics are the foundation for the evolving defense landscape in intelligence-gathering, information dominance and net-centric warfare. However, many areas of IT systems and microelectronics are being developed and implemented faster in the civilian sector.

Sourcing from offshore producers may provide some benefits in terms of lower costs due to economies of scale and cost sharing, and access to best-in-class technologies. For example, nine nations have partnered on system development, demonstration and component production for the F-35 Joint Strike Fighter.

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Federal investment in research and development as a share of the economy fell 36 percent over the past 30 years.

Source: 2016 Clarion Call

However, relying on a primarily commercial industry that must maintain global competitiveness also presents challenges. Our national security depends on fielding the most advanced weapons, communications and cryptographic systems, and these rely on microchips, sensors and imagers that have not been compromised by tampering or counterfeits. But ensuring the integrity of electronics is more challenging than ever, as production has largely migrated to Asia.

For example, the carrier variant of the F-35 contains about 3,500 integrated circuits across 12 of the aircraft's subsystems. The majority of these integrated circuits are manufactured in Taiwan and China, the global epicenter of electronics counterfeiting and intellectual property theft. Suspected counterfeit parts have been found in military aircraft, thermal weapon sights delivered to the Army and mission computers for the Missile Defense Agency's THAAD missile.

We need secure, trusted manufacturing for U.S. defense microelectronics. But due to the rising costs of semiconductor foundries and the commercial nature of electronics markets, there is a dwindling number of trusted microelectronics producers on which DoD can rely.

At the leading edge of microchip technology, only four companies in the world can provide products: Taiwan Semiconductor, Abu Dhabi's GlobalFoundries in New York, Korea's Samsung Semiconductor facilities in Texas, and Intel facilities in Oregon, Arizona and Ireland.

Also, commercial microelectronics drives production, where producers rely on large markets and large production runs to be cost-competitive. In contrast, the defense microelectronics market is much smaller, requires more sophisticated products and typically involves small production runs without the economies of scale of commercial production.

This is a significant risk to assured supply of the most advanced defense microelectronics that must remain superior to our adversaries. The United States will need new financial models and public-private partnerships for trusted foundries, and new approaches to validate and verify the integrity of microelectronics.

COMPETITIVE LANDSCAPE U.S. military capabilities rest on our industrial base, which is globalizing and undergoing rapid transformation with smart manufacturing, new materials, the Industrial Internet of Things and other advances. Competition has expanded well beyond our traditional competitors in Europe and Japan to include China, South Korea, India, Brazil and other emerging economies that only need an Internet connection to access the global economy.

Given the critical role of U.S. manufacturing to our defense capabilities, the industry's global competitiveness and sustainability in commercial markets on which it relies is vitally important. The Council on Competitiveness' 2016 Global Manufacturing Competitiveness Index is a survey of CEOs and senior-level manufacturing executives, who give their rankings and outlook for manufacturing competitiveness among countries.

In manufacturing, China is the most competitive nation – for now. However, global executives expect the United States will take over the No. 1 position by the end of the decade. The traditional manufacturing powerhouses of the 20th century – the United States, Germany, Japan and the United Kingdom – are all back toward the top of the 10 most competitive nations in 2016, as manufacturing industries in these countries have embraced advanced product and manufacturing technologies likely to underpin their top positions globally in the decade ahead.

The United States leads in high-technology manufacturing industries, many important to U.S. defense: aircraft; computers, communications and semiconductors; testing, measuring and control instruments; and pharmaceuticals. We have a 29 percent global share and our output is growing, but China is close behind at a 27 percent share. European Union and Japanese output have declined.

Of the BRICs – Brazil, Russia, India and China – only China was viewed as a top 10 manufacturing nation in 2016. Other BRICs have experienced a significant declines in their rankings over the past few years. Brazil – a global leader in aerospace and aircraft – has had the steepest fall, dropping from the top 10 to 29th. Russia has slid down the list to 32nd.

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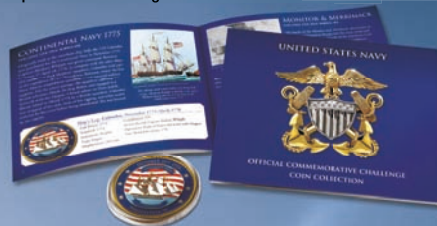


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In 30 years, U.S. debt as a share of the economy has **doubled** – from **38.4 percent** in 1986 to **76.5 percent** in 2016.

Source: 2016 Clarion Call

The “Mighty Five” – Malaysia, India, Thailand, Indonesia and Vietnam – are rising. In fact, they are expected to pierce the top 15 nations in manufacturing competitiveness over the next five years. They could become a “New China” in terms of low-cost labor and agile manufacturing.

This is a snapshot of 2016. Yet the competitive landscape is dynamic and ever-transforming. For example, natural gas is a key feedstock for the chemical industry. And thanks to the shale gas boom and plummeting natural gas prices, the U.S. chemical industry has gone from being the world’s highest-cost producer to among the world’s lowest-cost producers.

STRONG ON FUNDAMENTALS Beyond this snapshot, some fundamental factors determine the long-term competitiveness of nations – factors that have been ranked by global executives.

They identify talent as the most important driver of global manufacturing competitiveness, and skilled technical and engineering talent is essential for the development of new military technologies. The global executives see developed nations such as the United States, Germany and Japan as the most competitive in talent.

A nation’s innovation ecosystem is vital in shaping the future of a country’s competitive and innovation potential. The United States, Germany and Japan lead the world in innovation ecosystems. The United States has a globally unparalleled science and technology enterprise, with half a trillion in R&D expenditures annually (as of 2015), creating the world’s deepest wells of innovation potential. Because the United States is the world’s largest investor in basic research, it dominates the playing field in terms of patents, sowing the seeds of future innovation. It represented 29 percent of patents filed by all countries in 2014.

In the superb U.S. innovation ecosystem, industry, startups, national labs and universities collaborate on R&D across the spectrum of science and technology. Other elements that make the United States so competitive in this area include its policies on technology transfer, ability to adopt new tech and intellectual property protection laws.

Energy and manufacturing competitiveness are

tightly connected, and the cost calculus for energy in manufacturing has rapidly tilted in the direction of the United States. We are an energy superpower, the top global producer of petroleum and natural gas – thanks to U.S. advances in horizontal drilling, hydraulic fracturing and advanced seismic imaging technologies that unlocked a treasure trove of shale oil and gas.

Also, the United States has some competitively decisive intangibles, including a culture of entrepreneurship and risk-taking. For example, the most recent data show that about a half-million new firms are started in the United States each year. The country has dynamism at every level of the economy when it comes to economic and business change, and we are better than most in reorganizing around disruptive technology.

I believe the United States has a winning hand for long-term global leadership and national security: resurgent manufacturing, a deep well of research and technical capability that is constantly being replenished, a superb capacity for innovation, high-quality research institutions, a globally unique national laboratory system, a culture of creativity and entrepreneurship, and a world-class workforce in science, engineering, technology and manufacturing.

These are the assets needed to keep our economy fundamentally strong, allow us to field the world’s most technologically sophisticated and capable military force, build strong alliances worldwide and lead in global affairs, which will mitigate any major threat to our national security.

But this all depends on addressing some economic and investment challenges that are weighing us down – including our national debt, the need to increase the rate of economic and productivity growth, rebuilding our crumbling physical infrastructure, and investments in our future in R&D and the skills of our people. Ultimately, U.S. national security is achieved by both our military and our economy as a whole. 🌿

Deborah Wince-Smith is president of the Council on Competitiveness, a nonprofit and nonpartisan leadership organization committed to advancing U.S. competitiveness in the global economy.

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Photo by Stephanie Alvarez Ewens

*A plea to God kept Phil Salois safe in Vietnam,
then set him on a path to the priesthood.*

BY HENRY HOWARD

Phil Salois recognized the dire situation six comrades faced near the village of Suoi Kiet. Their platoon was surrounded by the North Vietnamese Army, ducking fire from multiple directions.

“We had walked right into a U-shaped ambush,” recalls Salois, who served in the Army’s 199th Light Infantry Brigade. “Six of our guys were separated from the rest of us by an open clearing. They were stranded. We were trying to return fire, but we’re shooting over our comrades’ heads trying to find a place to shoot, so as not to kill any of them.”

The fighting was intense for an hour, maybe longer. Salois grew angry and impatient. Why wasn’t anyone trying to rescue them?

“I said a quick prayer to God,” he says. “I said, ‘You know, God, I’m going to go out there and rescue these guys. This is a crazy thing to do. If you get me out of this mess safe and sound without a scratch, I’ll do anything you want.’”

With adrenaline pumping through his veins and what he describes as his “useless” M79 grenade launcher at his side, Salois ventured out

to help his fellow soldiers. Herb Klug voluntarily accompanied him.

They found a huge boulder to hide behind and opened fire on the NVA’s right flank, providing cover for the trapped soldiers. Four of their comrades safely sprinted back to camp.

After they didn’t see any more movement, Salois and Klug agreed that the other two were either dead or too wounded to move. (Terrance Bowell was killed, but Michael Kamrat survived.) They decided to return, low crawling side by side.

“I made it back safely, and I turned around, and I said, ‘Where’s Herb?’” Salois recalls. “He didn’t come back with me. I looked back over the berm and he was halfway out, laying on his stomach. And without even thinking, I went out there and tried to drag him in.”

It was too late. A sniper had picked off Klug.

Salois was one of only seven in his platoon who weren’t injured in the battle. He received the Silver Star for his actions on March 1, 1970. What transpired led him to an even higher calling, one that has given him the opportunity to minister to countless souls over the decades since Vietnam.

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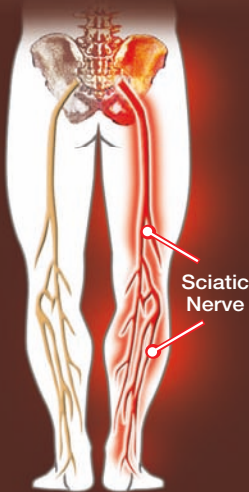


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Salois received a Silver Star for rescuing fellow soldiers under fire and retrieving the bodies of those killed – including a close friend. Above, he visits the National Shrine of Our Lady of La Salette in Attleboro, Mass. Photo by Stephanie Alvarez-Ewens

‘THIS IS WHAT I WANT FOR YOU’ Salois served just over a year, then returned home to California and started working again for an insurance agency. A few years later, a newspaper article caught his attention and changed the course of his life.

“It said in 20 years there’s going to be a great shortage of priests, Catholic priests,” Salois says. “The prediction came true, because in 1990 a lot of the priests were leaving the church. And there were not that many going into the seminary.”

As a boy, Salois was raised in the church but considered himself a “Sunday Catholic” – he attended Mass but was not an altar boy. During his time in Vietnam, he read from his Bible daily – a French pocket version his aunt had given him. But he had never considered religion as a profession.

“I kept going back to that article,” he says. “I don’t know why I kept going back to it. I started reading the Bible again. I hadn’t picked up the Bible since I left Nam. I wondered if I was being called to the priesthood.”

Salois began studying – the “first time in my life I really enjoyed studying” – and passed the test in 1972. A couple of years after joining the seminary, he was walking through the woods, praying the Rosary, when he had a flashback to the battlefield.

“I remember saying to God, ‘You know, God, I’m really happy here. I’m really glad you called me here,’” Salois says. “And I heard that inner voice say to me, ‘Well, do you remember that promise you made to me four years ago?’”

Of course he did: “If you get me out of this mess safe and sound without a scratch, I’ll do anything you want.”

In the woods, Salois heard God respond, “This is what I want for you.”

Until that day, he had not thought about his vow during the firefight in Vietnam. But now it was an affirmation. “From then on, I knew where I was supposed to go.”

A SURPRISE AT THE WALL Salois decided to move back to New England to join the La Salette order. Eventually, he graduated from Providence College in Rhode Island, then completed theology studies at Weston School of Theology in Cambridge, Mass., and was later ordained.

In 1983, an experience as a deacon at the White River Junction Vet Center in Vermont brought him back to the jungles of Vietnam. He was among clergy invited to a panel discussion of Vietnam War veterans who would talk about their spiritual needs. “That’s pretty avant-garde for them to be talking about in those days,” he says.

Salois looked forward to the meeting, thinking he would teach and mentor the others.

“The Vietnam veterans started telling their stories to clergymen from different denominations,” he says. “All of a sudden, I am reliving my Vietnam. I hadn’t thought about Vietnam since 1970. It’s starting to weigh on me. Then they showed a newsreel of actual footage, and I got



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butterflies in my stomach. I was churning all over the place. I just felt very uncomfortable. I just wanted to get out of there but didn't want to make a scene."

The panel leader was the only ordained clergyman who was a Vietnam veteran. He approached Salois afterward, asking if he was all right. Salois admitted that he wasn't, and they agreed to talk the next morning in private. "I showed him some pictures to help me remember," Salois says. "I remembered March 1 detail by detail. But everything else I couldn't remember."

The counseling sessions continued for six months, until Salois was ordained. Then he was given a homework assignment: Visit the Vietnam Veterans Memorial Wall and look up Herb Klug.

"There were like a gazillion people there," he recalls of his Fourth of July visit. "I looked up Herb's name, found out what panel he was on, what line. He was 13 west, line 71. He was right at eye level."

Salois was surprised to see another familiar name directly above Klug: Lt. Terrance Bowell. "I did a pencil rubbing of both names and said a quick prayer," he says. "I didn't want to get too emotional because of so many people around. It's quiet though, very quiet. Everybody's very still."

BACK TO VIETNAM Something was still missing for Salois. The visit to the Wall had brought him comfort but not closure.

He was still sad about Klug's death. He was still angry at the North Vietnamese. "As a priest, I can't hate a race of people. I didn't quite know how to heal from that."

In June 1990, Salois took advantage of a three-week "healing trip" to Vietnam, organized by VA. He figured that being immersed in Vietnam would help him, but he didn't really know what to expect.

"We landed in Hanoi, the capital of the former enemy country," Salois recalls. "There were soldiers at the airport with their pith helmets. Oh my God. They looked like NVA. And the heat, and the smell, the smell of death. I thought I made a big mistake. I wanted to turn that plane around and go back home, but I stuck it out."

The VA psychiatrist on the trip counseled Salois, assuring him that all returning veterans go through the same emotions. Some are affected upon arrival, while others take a little longer. As Salois let his emotions out, he allowed the healing in.

"What healed me over there was the children," he says. "Every time we walked the streets in Hanoi, they would run up to us, touch us, pinch us,

giggling and all that. I was never fond of children and especially that many at once. They kind of make me nervous. But I got to thinking about that passage from Scripture, 'Let the children come to me.' And I realized these children have never known war. Why should I hate these children? It's not their fault. They're innocent."

From there, Salois began to embrace the Vietnamese, their culture and his past. In Ho Chi Minh City, Salois concelebrated Mass at Notre Dame Cathedral with a pastor and addressed the congregation in French since he did not know Vietnamese.

"I told them who I was: a Vietnam War veteran who 20 years ago was shooting at people who look like them, and receiving fire from people very much like them," he says. "I went there to be healed and to forgive them and to have them forgive me. It was just very healing, and it was a very powerful image."

'I'LL NEVER FORGET YOU' Inspired by his trip to Vietnam, Salois set out on another healing quest: Klug's grave.

After locating Klug's parents – Ray and Beulah – and getting their phone number, Salois put off making contact for a couple of weeks. Eventually he did, in July 1991.

Ray answered the phone. "I don't want you to think this is a crank call," Salois told him. "I just wanted you to know that I served with your son and that he died in my arms and what I wanted to do was write you a letter to tell you about it, the incident, and I would like to go to Dayton (Ohio) and visit his grave, but I would understand if you don't want to meet with me."

Instead, they welcomed Salois, and plans were made for a visit to the Klugs' home and Herb's grave nearby.

With knees bent and a red rose extended, Salois poured out his heart at the gravesite.

"Herb, here I am. I know it's taken me 21 years to get here. I'm sorry, but you know you never left me. You've never been away from my heart and my soul. You've been with me in all the ministry I do for vets, and I want to thank you for the strength that you gave me and thanks for the sacrifice you made for us on March 1. I'll never forget you."

A MENTOR AND FRIEND With closure, Salois thrust himself into his work and joined veterans organizations, including The American Legion.

"For me, healing is activity," says Salois, the Legion's Department of Massachusetts chaplain

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He found himself counseling other veterans and their wives.

“I just wasn’t one of the guys anymore,” he says. “I was doing a little bit of marriage counseling because a lot of those guys were having troubles with their wives. Their wives didn’t understand why they were behaving the way they were. And the guys weren’t talking to their wives, not explaining. They didn’t want to tell them anything about Vietnam because they didn’t want to hurt them, cause them pain or have them think less of them.”

In 1993, Salois was promoted to chief of the chaplain service for the VA Boston Healthcare System, where he counseled veterans and provided other services. He retired Feb. 28, 2015.

He was often called upon to counsel veterans from the Iraq and Afghanistan wars. One of those was Skip Spoerke, who joined the 94th Army Band as a trumpet and flugelhorn player and later deployed with the 3rd Infantry Division.

After a vehicle accident in Iraq, Spoerke returned home and recovered from his physical injuries. But he struggled with post-traumatic stress disorder following the deaths of his comrades.

Spoerke turned to drinking. Sometimes he would stay in bed all day. Once, he put on camouflage and ran into the woods for hours, thinking he was behind enemy lines.

“He couldn’t understand why other people couldn’t understand what he was going through,” says Nancy Spoerke, his mother.

But “Father Phil” understood, thanks to a chance meeting at a Boston-area VA facility in February 2006, soon after Spoerke returned from his deployment.

Salois first met Spoerke while the latter was lost in the hallway, giving him direction in more than one way. They talked for several hours that day and later met in counseling sessions.

The first session still resonates in Salois’ memory. Spoerke was describing nightmares about his friends who died in Iraq.

“He’s explaining all of this to me,” Salois recalls. “He says that one of the guys came up to him and says, ‘Don’t bother ... he’s gone.’ And he doesn’t believe it. But as he’s telling me that, I’m gone.

I dissociated. I don’t know how long I was gone. I went back to March 1 when I was dragging Herb and his body across land ... and turning him over and seeing that.”

When he came to, he apologized to Spoerke, explaining that his story took him back to the ambush. “He says, ‘Don’t apologize. That makes you more human,’” Salois says. “I guess I’ll never forget the compassion that I received from him. And it helped him as well, knowing he wasn’t alone. You know, I still get emotional about that.”

From their first meeting, Spoerke knew he could trust Salois.

“I’m grateful that Father Phil had time to meet me – a guy who came home feeling broken and hopeless – because our first conversation gave me a slice of hope that quality of life would improve,” says Spoerke, who does not consider himself a religious person. “After a close friend committed suicide a year after we returned from Iraq, Father Phil made time to talk to and help me remember the good times with my friend. He encouraged me to see the opportunities in the world, instead of fearing the threats. Father Phil showed me that a happy and long life was within reach. I only needed to pursue it.”

Their counseling sessions continue today and involve Spoerke’s family too. Spoerke still battles PTSD but is happily married and pursuing a college degree.

“We could see that Father Phil was impacting Skip’s life through the communication and everything Skip would talk about,” says his father, Frank, an Air Force veteran and member of American Legion Post 226 in Massachusetts. “Father Phil really became a close mentor to Skip. They have a personal connection that’s hard to explain.”

It’s a relationship that has helped both men heal from their losses on the battlefield.

For many years, Salois saw March 1 as doomsday. But now he takes a different view.

“Now I have a celebration in honor of that day,” he says. “I got another buddy who lives nearby. He was in the 4th Infantry Division and that same week he had nine of his guys killed. We try to get together with some of the other guys and go to dinner, and we celebrate. We have a toast to them. I think and talk about it a lot, because it’s made me who I am today. If I hadn’t gone to Vietnam, I don’t know where I’d be.” 🌸

Henry Howard is deputy director of media and communications for The American Legion.

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Living History

We should make it our mission to collect and archive the accounts of all veterans before their memories are lost to time.

Army veteran Jim Conway rests his hand on a panel describing his experience in the Korean War at the Atlanta History Center's Veterans Park commemorative program. Conway, an avid photographer, assists in gathering audio and video history materials that are shared with the Library of Congress' Veterans History Project. Army National Guard photo

BY DON KEITH

When you read the obituaries in your local newspaper or online, you'll notice it right away. When you invite veterans of World War II, Korea or Vietnam to be honored at community events, it's obvious. We are losing thousands of eyewitnesses to history every day. What you may not know is what else we lose with each passing.

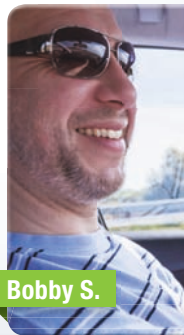
This sad reality hit me hard in 2006, while I was researching my first book about a World War II submarine. As I attempted to track down as many surviving crewmembers as I could, I ran across a

startling statistic. At that time, VA estimated that a thousand World War II veterans died every day, and that was just in the United States. Then last year, as I was working on my latest book – the story of another ship and its role in the Battle of the Coral Sea in May 1942 – I was unable to locate a single surviving crewmember.

Today, the numbers are even more sobering. According to the National World War II Museum in New Orleans, we now lose about 372 U.S. veterans of World War II every day. That number is lower than a decade ago simply because there are fewer

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First Lt. Marie York of the 914th Logistics Readiness Squadron is interviewed by an eighth-grade student at the Bilingual Center at School 33 in Buffalo, N.Y.

U.S. Air Force photo

left – about 620,000. Some say that as soon as 2036, barely 20 years from now, we will bury the last man or woman who served in that war. The same is true for Korean War veterans. Finding an estimate of how many of those veterans are living is difficult, though VA reported last year that about only 1.6 million of the 5.7 million who served worldwide between 1950 and 1953 are living. Even those who served during the Vietnam War are now in their mid-60s or older.

As a writer who attempts to portray history, I rely heavily on a wide range of sources to help me tell an accurate and compelling story of what happened and why. I want to tell these stories in an accessible way so that people today who were not yet alive or who are too young to remember can better relate to the experiences of previous generations. Official documents, scholarly historical works, contemporary newspaper and magazine accounts, and other authors' works are essential in correctly piecing together these stories. But when it comes to writing a relatable narrative telling stories with which a broad range of readers can connect, nothing compares to first-person accounts and descriptions from those who were actually there and lived through it all.

There is tremendous value in collecting the words and descriptions from those who personally experienced history. Such powerful, subjective accounts help us to understand more clearly and appreciate how such earthshaking events as war, disaster and social change affected not only the course of history but the day-to-day lives of the individuals there. Non-military history needs to be

documented in first person, too, including the civil rights movement, the space program, the Great Depression and more.

Not only do these accounts benefit writers, historians and scholars, but they also accurately preserve human history for future generations. That certainly includes the families of those who participated in or observed it firsthand. Eyewitness history is the best data we have to understand how the broad sweep of history actually touched the lives of individual men, women and children.

We bury or cremate hundreds of eyewitnesses to history each day, often having missed the window of opportunity to collect and archive their stories, thus losing them forever.

You do not have to be a historian or author to play a role in preserving these accounts. You can help locate those with stories to tell, interview them, and gather journals, letters, articles, official military documents, photographs and other information. From there, you can make sure it all ends up in the hands of organizations and institutions that are prepared to index, preserve and make it available for future reference. History does not have to die with those who lived it.

EVERY STORY MATTERS It is understandable that you may not know where to start, or that you may not be comfortable approaching people and asking about writing down or recording their military experiences. You may not be clear on just what kind of material has value, what form it should take or what you should do with it once you have it.

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Let me make a few suggestions. First, before you interview people, you should recognize and understand that participants in traumatic events – especially war – are often reluctant to talk about their experiences. I regularly hear from family members who want to thank me for writing about a particular ship or a battle in which a relative was involved. “Granddaddy never would talk about what happened,” they say. Others comment, “We had no idea what our father went through.”

However, my experience has been that most veterans are willing to talk if someone just asks them – and they’re especially willing if we explain why it is so important that we hear what they have say. Remind them they are helping to preserve not only their own personal experiences but those of their buddies, fellow warriors, family members and others who may have already died or are unable to speak for themselves. They honor their memories by sharing their stories.

At the same time, many war veterans are reluctant to talk because they are convinced they did nothing of significance – that what they have to say is not really all that important. Not so! Their recollections are critical, no matter how unexciting or unimportant they may feel them to be. There is tremendous value in preserving even the most mundane details.

When it comes to events such as war, historians usually have a good grasp of the big picture: troop movements, battle tactics, outcomes, treaties. However, it is also central to a proper understanding of an event to have information about how it affected individuals – how chaos and change shaped the lives of average folks who are thrust into the middle of it all.

The only way to fully understand history is to learn from those who experienced it – through their own stories, no matter how simple and routine they may be, and no matter where the storyteller fits into the big picture. The everyday experiences of an 18-year-old private in a foxhole at the Battle of the Bulge are ultimately just as important as Gen. George Patton’s notes. What did a typical “Rosie the Riveter” do day after day, and what special security briefings did she get? What was life like in those few hours when she was not building airplanes and ships? Quite simply, no detail is too insignificant. No experience is too humdrum. All recollections from those who lived history have value.

But what about accuracy? Memories do fade. Some people tend to embellish or exaggerate. Others base their remembrances on scuttlebutt or

rumor. Interviewers are not necessarily charged with fact-checking or correcting errors. This is yet another reason why it is so important to capture and preserve as much eyewitness history as we can. If we have enough accounts, we are able to discern more of the truth, cancel out inaccuracies and piece together a true picture of what people experienced.

TIME IS OF THE ESSENCE So how do you prepare for and conduct veteran interviews? What media are best to use: a camera, a digital recorder or just a legal pad? How do you know the stories you gather are of even the slightest interest or value to anyone? And finally, the big question: what do you do with the audio or video files, written transcripts or other documentation you have made an effort to collect?

Your first stop for answers to these and other questions – long before you conduct your initial interview – should be the website of the Veterans History Project (VHP). This wonderful effort is sponsored by the American Folklife Center at the Library of Congress. Visit www.loc.gov/vets to find a wealth of information on exactly how to participate, including answers to the questions above. The site also details the types of materials the VHP can accept. You will find an excellent “field kit” and video to set you up for a successful interview. Regardless of whether you eventually send what you gather to the VHP or to another depository, this information will help you get the most out of your work.

The American Legion is a longtime supporter of the VHP. Many Legion Family members are involved, helping interview other veterans and capturing these histories. Others donate time to transcribe audio and video interviews and arrange interview opportunities at Legion posts, making members aware of the VHP and the value of collecting real-life accounts. Even if you aren’t conducting interviews yourself, you might help coordinate them at your local post and urge Legionnaires to consider sharing their stories.

How successful has the Veterans History Project been? From its creation by Congress in 2000 through the end of 2016, the VHP has collected more than 100,000 accounts. More than half are from participants, both military and civilian, in World War II. Yet we can’t forget the men and women who served during the Cold War or fought in Korea, Vietnam, Iraq, Afghanistan and other places. We have to get their stories, too. There also remain many written or recorded accounts from

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World War I that have never been transcribed, indexed or archived. The VHP is a great place for such invaluable human history to live on. You can be a big part of ensuring it does.

There are other storehouses of oral histories, including historical centers affiliated with each service branch, universities and museums. A number of these places, along with their contact information, are listed on the VHP website.

In many cases, local libraries and museums archive oral histories and make them available to historians, researchers, authors and family members. They are especially interested in the experiences of individuals with ties to their local communities. You may want to copy and make material you gather available to more than one depository. I know of none that require exclusivity.

At the same time, there is another interesting possibility for collecting eyewitness history accounts and making them easily available. Today's self-publishing and print-on-demand technology make it possible for just about anyone to produce a book and offer it for sale to the public online. The same technology also makes these books available for order by almost any bookstore or library in the world.

There are online vendors, too, that offer the opportunity to publish materials in e-book format, compatible with such readers as Kindle and Nook, as well as most tablets and smartphones. Companies such as CreateSpace, Kindle Direct Publishing (both owned by Amazon), and others allow users to publish for wide distribution, usually at no cost.

It is true that these services are primarily intended for budding authors wanting to get their books into print at little or no cost and offer them for sale through vendors' online stores. However, for those who are computer savvy and are willing to carefully read and follow the instructions, such services provide collectors of oral history a great way to archive and make widely available in book form the accounts they have gathered.

To review guidelines and requirements for publishing, visit the web pages for CreateSpace (www.createspace.com) and Kindle Direct Publishing (kdp.amazon.com), or the sites of similar vendors you might consider using.

Additionally, I have started a nonprofit effort to encourage people to gather oral histories and offer tips on making them available via free online book publishers. I call the program Untold Millions (www.untoldmillions.net), so named for the untold millions of first-person accounts already lost to history. If you do the self-publishing

route as a way to archive what you have collected, consider donating your materials to the VHP and other entities mentioned above.

Every day we say goodbye to hundreds of Americans who observed firsthand and actively participated in some of the bloodiest and most costly of our nation's wars. Their remembrances are priceless for historians and authors who are committed to documenting the past and ensuring that future generations will have a full, colorful and relatable understanding of what those events were really like for those who lived through them.

With the efforts and cooperation of the Veterans History Project, American Legion posts, academic institutions and other organizations, we have more outlets than ever to archive, index and make available such accounts. Modern publishing technology gives us another way to accomplish this vital task on a scale like never before.

However, someone has to actually do the work of capturing these recollections in the first place. This does not have to be a major undertaking. It can be one or two short interviews, or simply retrieving service records or a journal. Every story saved is a treasure. Every memory you help preserve will ensure that this real human history will be there, still alive and accessible, for decades and centuries to come. 🌿

Don Keith is a best-selling author and former award-winning broadcast journalist. His web site is www.donkeith.com.



The American Legion is a supporter of the Veterans History Project of the American Folklife Center at the Library of Congress.

The VHP relies on volunteers, individuals and organizations alike, nationwide to contribute the stories of veterans, from World War I through current conflicts. In addition to unedited audio or video interviews of 30 minutes or longer, the VHP also accepts original materials (photographs, letters, official war documents, diaries, journals and unpublished memoirs).

The VHP has a searchable database of its collections, with individual web pages for every veteran who contributes.

Go online to download a brochure about the VHP or the Veterans History Project field kit: 🌐 www.loc.gov/vets

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TOP: American Legion National Commander Charles E. Schmidt greets Vice President Mike Pence backstage at the Veterans Inaugural Ball in Washington.

MIDDLE: Marine Corps veteran Hershel "Woody" Williams joined 33 other Medal of Honor recipients at the event.

BOTTOM: Marine Corps Reserve veteran and emcee Drew Carey thanks Medal of Honor recipients for their service and sacrifice.

Photos by Clay Lomneth



HONOR

A SALUTE TO HEROES

Newly sworn-in Vice President Mike Pence paid tribute to Medal of Honor recipients, veterans and servicemembers Jan. 20 at the Veterans Inaugural Ball – A Salute to Heroes.

"It's especially humbling to me to be with you," said Pence, whose father was an Army combat veteran and whose son is in the Marine Corps. "I think it is altogether fitting for someone who has not worn the uniform to ... make sure that you all know that as we celebrate the peaceful transfer of power in America, we know the real heroes are those of you who have worn the uniform and made the sacrifices."

The ball is hosted by The American Legion and the Veterans Inaugural Committee, made up of 15 congressionally chartered veterans service organizations. The event started in 1953 at the request of President Dwight Eisenhower as an opportunity to pay tribute to Medal of Honor recipients.

On the lighter side, comedian and "Price is Right" host Drew Carey served as emcee. "I've had the opportunity to meet people in the audience who are World War II veterans, and they come with their Legion or World War II hat on," Carey said. "You don't often get to meet someone and sincerely say, 'Hey, thanks for beating Hitler.'"

Vietnam War veteran Roger Donlon was one of 34 Medal of Honor recipients in attendance. He praised the Legion for organizing the event. "The Legion has been a touchstone for myself, my brothers and my whole hometown," he said.

View a photo gallery online:

 www.legion.org/photos

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The Illinois American Legion and the Illinois State Police have hosted a summer youth police program since the 1970s.

Photo by Steve B. Brooks

YOUTH

Illinois program ‘win-win’ for teens, police

James Scott wants to join the Marines one day, and he wants to be prepared.

To get a jump on his future plans, Scott joined more than 30 other teens at The American Legion Department of Illinois’ Youth Police Camp in June. He ended up serving as the program’s class president.

“I figure you’ve got to start somewhere,” says Scott, who intends to join the Marine Corps. “I was expecting to be treated like a soldier and to be pushed to my limit. And I felt as if I was pushed to my limit, and I’m grateful I was. I feel as if I’m a little bit more prepared.”

The Youth Police Camp is conducted at the Illinois State Police Academy in Springfield. ISP Special Agent Jarran Riley served as coordinator on the police side from 2014 to 2016.

“(The American Legion is) all about the development of these kids,” says Riley, a Marine Corps veteran and member of Illinois State Police Post 1922. “Our job is to identify what (the cadets’) limits are and push their limits to let them know that they have more.”

“Normally by Friday, if we do our job, they come back and say they don’t want to leave ... and they realize they pushed themselves more than they ever could.”

The Youth Police Program is designed to establish interpersonal relationships between law enforcement officers and youth, as well as give young people insight into the discipline required for careers in law enforcement. Cadets spend the week drilling with camp counselors who are officers from various state and local law enforcement agencies. Team-building exercises and physical fitness are part of the daily activity schedule, and the cadets participate in demonstrations on crime scene forensics and K-9 units.

But the week isn’t all drills and pushups. Last summer, the cadets enjoyed a fishing derby at the Illinois State Fairgrounds and a pizza party at Knights Action Park, which has a water slide, rides, a wave pool, miniature golf and other attractions.

Delmar Buske is the Legion’s coordinator for the program and has been involved with it for eight years. One of the founders of Post 1922 after a 30-year career in the ISP, Buske says he is amazed by the transformation he sees in the cadets from the beginning of the camp to the end.

“I see these kids as they come in on Sunday and see the difference in 95 percent of them when they leave on Friday,” Buske says. “It’s a good, positive program.”

Kelley “Gunny” Hulse, a retired ISP master sergeant and Sons of The American Legion member, has worked with the Youth Police Program for 19 years. All four of his children attended.

“When I got to see what (the program) did for these kids, it made a profound impact (on me),” Hulse says. “I wanted to keep involved with the camp because I wanted my four kids to go through the same thing. And I wanted to be there.”

Illinois is one of 19 American Legion departments that conduct some type of junior law enforcement program, and efforts are underway to grow it nationally. During the 2016 Fall Meetings in Indianapolis, the Legion’s National Executive Committee approved the creation of a Youth Cadet Law Enforcement Committee to “develop, coordinate, facilitate and foster strategies to promote development, sustainability, growth and viability of the Youth Cadet Law Enforcement Program.”

Larry Price, the committee’s chairman, says programs like Illinois’ American Legion Youth Police Camp have helped develop young people who are interested in law enforcement careers in a handful of states.

“The committee is committed to assisting states who do not have programs to get one started,” Price says. “This is a win-win situation for both our youth and our law-enforcement community.”

Learn more about the Youth Cadet Law Enforcement Program online at www.legion.org/juniorlaw.

— Steve B. Brooks

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A group of refugees, mostly from Syria, arrive at Rome's Fiumicino Airport last October as part of a "humanitarian corridor" initiative launched by the Italian government and the country's Christian communities. It is the fifth group to be flown into the country in the past year. AP

FOREIGN AFFAIRS

UN fails Christian refugees

The United Nations' lead agency for aiding refugees, the Office of the High Commissioner for Refugees (UNHCR), "marginalizes Christians and others targeted by ISIS for eradication," the Hudson Institute's Nina Shea reports.

Citing State Department data, she notes that of 12,587 Syrian refugees admitted to the United States in fiscal 2016, "only 68 were Christians and 24 were members of the Yazidi sect. That means 0.5 percent were Christians, though they have long accounted for 10 percent of Syria's population. In 2015, among 1,682 Syrians admitted, there were 30 Christians and no Yazidis."

Shea also reports that U.N. refugee camps are unsafe for Christians fleeing war-torn parts of Iraq and Syria, U.N. humanitarian aid often bypasses Christians, and the UNHCR has "dismissed" claims that Christians have been targeted for genocide.

DEFENSE

Congress moves to put visible price tag on war

The annual defense authorization bill that became law in late 2016 includes a provision requiring the defense secretary and IRS commissioner to report online all the costs of recent military operations, "including the relevant legacy costs, to each American taxpayer of each of the wars in Afghanistan, Iraq and Syria." As *Military Times* reports, the information will be posted on the IRS website.

U.S. Rep. John Lewis, D-Ga., who pushed the idea in Congress, said, "It's important for people to know how much we're spending on wars It's my hope that people will make contact with their elected representatives and say we should spend more on peace, less on violence and war."

NATIONAL CONVENTION

Where to stay in Reno

The following is a list of department assignments for hotels during the 99th American Legion National Convention in Reno, Nev., Aug. 18-24. Those planning to attend should ask their department adjutants about accommodations.

Atlantis Casino Resort

3800 S. Virginia St.
(775) 825-4700

Alaska, District of Columbia, France, Georgia, Hawaii, Mexico, Oregon, Philippines, Puerto Rico, Wisconsin, The American Legion National Headquarters, Sons of The American Legion

Circus Circus Reno

500 N. Sierra St.
(775) 329-0711

Kansas, Kentucky, Mississippi, Oklahoma, West Virginia

Grand Sierra Resort & Casino

2500 E. 2nd St.
(775) 789-2000

Connecticut, Indiana, Iowa, Maryland, Massachusetts, Missouri, Montana, New Hampshire, New Jersey, New Mexico, Ohio, Pennsylvania, Tennessee, Texas

Peppermill Casino

2707 S. Virginia St.
(775) 826-2121

Alabama, Arizona, Arkansas, Colorado, Delaware, Florida, Idaho, Michigan, Minnesota, New York, North Carolina, South Carolina, South Dakota, Washington, American Legion Auxiliary

Silver Legacy

407 N. Virginia St.
(775) 325-7401

California, Illinois, Louisiana, Maine, Nebraska, Nevada, North Dakota, Rhode Island, Utah, Vermont, Virginia, Wyoming

POST AVAILABILITY

Two local American Legion posts have announced their availability to host gatherings, parties and other events during the convention.

Darrell Dunkle Post 1

877 Ralston St.
(775) 786-1996
7 miles from Reno-Sparks Convention Center

Duby Reid Post 30

730 4th St.
(775) 331-5359
7.5 miles from Reno-Sparks Convention Center

 www.legion.org/convention



Photo by Lucas Carter



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BASIC TRAINING MEMORIES

In this ongoing series, readers look back on the good, bad and humorous experiences of their initiations into the military. *The American Legion Magazine* is publishing selected submissions in print and online.

Go to www.legiontown.org and click on "Share Your Story," or mail your submission to Basic Training Memories, c/o *The American Legion Magazine*, P.O. Box 1055, Indianapolis, IN 46206. Photos are welcome.

WAITING FOR THAT CANDY BAR

I recall that at Fort Dix, N.J., we were all sitting in an auditorium and receiving instructions when the base chaplain asked, "Who here will not cry in basic training? Bet your neighbor a candy bar if you will not cry."

My neighbor was a guy from Buffalo, N.Y., and I made the bet. After all the commotion, the chaplain said all of us who bet we wouldn't cry had lost, because we would all cry during the gas chamber exercise.

Well, I won, because the week we were to go through the gas chamber my squad pulled kitchen police duty; therefore, I did not cry during basic, and I have yet to collect my candy bar.

— Steven Wells, Avon, N.Y.

NEVER RAISE YOUR HAND

In October 1970 I was at Fort Jackson, S.C., undergoing basic training. The Vietnam War was going on, so the drill instructors — all of whom were combat vets — were pretty serious about training. I soon discovered they also had a sense of humor.

During one of our first formations, the platoon sergeant asked those who had college degrees and could type to raise their hands. I was new to the Army, so I raised my hand. I thought I might get some cushy job in an office, but not quite. I was made a fireman. That meant that after a day's exhausting training, I got to don my "class Xs" and shovel coal into the coal-burning furnaces in all the old World War II barracks all night.

In two months of basic training, I never once got a full night's sleep. But I also never raised my hand again. It just goes to show you that having a college degree doesn't always mean you're smarter than the guy standing next to you.

— Paul "Chris" Christensen, Fort Myers Beach, Fla.

HEY JOOD ...

I reported to Great Lakes in July 1984. Most recruits practiced company compartment security duty, but others, including myself, were selected for division watch. We stood watch at the quarterdeck and handled security issues at the building's entrance. And every hour, on the hour, one of us sentries patrolled all six company compartments to ensure everything was secure. We wore armbands that said "JOOD," short for junior officer of the deck.

One afternoon, it was my turn for rounds, and the first company compartment I patrolled was my own. My fellow recruits had spent four hours doing bunk drills over and over again. One rack was finished and two recruits were "standing fast." One, Richard, stared at my armband and sang, "Hey, Jude. Don't be afraid. Take a sad song and make it better."

"Cute, man," I replied, smiling. "Cute."

On the third floor, I entered the compartment of a very green recruit company ("raisins"). Someone yelled, "Attention on deck!" I told them that I wasn't the officer of the deck, but the JOOD, a recruit just like them. I showed them my armband.

"See this armband?" one raisin beamed. "This ain't the officer of the deck. This is the JOOD! Hey, Jude!" The whole company erupted into the Beatles classic.

When I reported back to the quarterdeck to report to the officer of the deck that "all is secure," he looked up to the ceiling because the singing was still going on, and we could hear the chorus two stories up. It soon died down.

— James S. Heine, Columbus, Ohio

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ACTIVE DUTY

Tattoo reversal

As of Feb. 1, the Air Force has lifted its "25 percent" tattoo rule, *Air Force Times* reports.

Airmen were not allowed to have tattoos on the chest, back, arms and legs that were "larger than 25 percent of the exposed body part," as the *Times* explains. "Now, they could have full tattoo sleeves on their arms or large back pieces if they so choose."

The policy shift stems from surveys of Air Force recruiters, who report that nearly half of their prospective recruits, applicants and contacts have tattoos.



VERBATIM

A decade for a pistol? They're relatively simple devices ... This is a great testament to what's wrong with defense acquisition.

Wikimedia Commons

Sen. Thom Tillis, R-N.C., criticizing the Army's multiyear effort to replace its current standard issue sidearm, the Beretta M9 pistol. On Jan. 19, the Army announced Sig Sauer will produce the M9's successor, with fielding of the modular handgun expected to begin this year.

FOREIGN AFFAIRS

NATO, Russia increase military exercises

	2013-2014	2015-2016
Russia	Eight drills, 8,700 to 155,000 troops each	11 drills, 5,000 to 120,000 troops each
NATO	Three drills, 5,000 to 6,500 troops each	Four drills, 5,000 to 36,000 troops each
NATO allies	Six drills, 5,800 to 16,000 troops each	11 drills, 5,000 to 31,000 troops each

Source: Atlantic Council



Amanda Tejada in Kunar province, Afghanistan Photo courtesy Tree of Life Productions

WOMEN'S HISTORY MONTH

Oratorical alum tells stories of women veterans

Curiosity drove New Jersey filmmaker Susan Sipprelle to create a documentary focusing on three women transitioning from the military to the civilian world.

"I wanted to know who the women are who volunteer to serve in the armed forces today," she says. "What happens to them during their military service, especially if they deploy? And how do they readjust to life in the civilian world?"

Sipprelle's work can be seen in "Soldier On: Life After Deployment," which tells the stories of Natasha Young, Amanda Tejada and Lyndsey Lyons. The women cope with an array of problems: the disintegration of their relationships, alcohol and substance abuse, depression, health problems, military sexual trauma, PTSD and employment challenges.

American Public Television is the national distributor of "Soldier On," which will air on public television stations beginning this month. Check local listings for broadcast times.

The film was a learning experience for Sipprelle, who participated in The American Legion's Oratorical Contest while attending high school in Rhode Island.

"There is not a single, simple answer to help women veterans reacclimate to civilian life," she says. "They want to belong to a community, to work at good jobs, and to have strong and stable relationships and families. We all bear a responsibility to help veterans. It is a combination of friends and families, communities, VA, The American Legion and other nonprofits that work most effectively to help veterans readjust and reconnect to the civilian world."

Legion posts are encouraged to host a screening of "Soldier On," in addition to a panel discussion or workshop about issues facing women veterans and resources available to them.

— Henry Howard

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POST ACTIVITIES

Cosmic bingo big draw for Minnesota post

It's zero out. Aside from the buzz of an occasional snowmobile on the glazed streets or among the ice houses out on Leech Lake, the 941-population town of Walker, Minn., is quietly curled up for another cold winter weekend.

Spencer-Ross American Legion Post 134, however, has something different in mind. It's cosmic bingo night, and the theme – of all things in the dark heart of a northern Minnesota cold snap – is a beach party. It's promoted the event on Facebook with a flyer featuring a Chihuahua in red-framed sunglasses; the little dog holds a smartphone announcing prizes for best beach attire.

Defying the elements, players show up in floral shirts, swim trunks, sun hats, flip-flops and dark glasses. They pass through the main club down to the lower-level bingo room. Water skis, inflatable float tubes and beach balls are everywhere. Party music from the '60s and '70s fills the air.

"They have regular bar bingo on Tuesday nights," says Chris Cox, 30, a twice-deployed Army veteran of Operation Iraqi Freedom and the Minnesota Army National Guard. "But cosmic bingo is a little different style. It's a twist on the classic. It's fun and light-hearted. Loud music, flashing lights, disco balls, dance breaks. It's quite the deal."

Post 134 has re-energized itself by reviving some traditional fun, including the fielding of a post curling team and holiday events for children, like a Halloween haunted house and a visit from Santa that draw upward of 500 each. Members also put fresh spins on such Legion staples as bingo. The result is a growing membership that's on target to eclipse its 2017 goal of 415 – a little less than half the town's population – and raising awareness that the Legion here is heading into its second century with momentum.

"We do try to reach out to the younger folks with the activities that we've got here," Post 134 Commander Jarrod Mankie says. "One of the sayings we've got on our sweaters – 'It's not your grandpa's Legion anymore' – we try to focus on that here. I think it's working pretty well."



Photo by Clay Lommeth

By 6 p.m., a crowd of all ages fills tables around the bar and dance floor. They're ordering meals, taking a chance on pull-tabs and enjoying each other's company. They're doing what Post 134 leaders envisioned when members invested \$890,000 to rebuild the structure eight years ago.

"We're paying off this remodel way faster than anyone anticipated," says Post 134 Historian Tony Sauer. "There's always something going on. That generates revenue and gives us a chance to pay off the debt, and when we get done doing that, we can turn that money into something else."

Years ago, Sauer heard that cosmic bingo was successful for the Harwood, N.D., post. He and some Post 134 members took a road trip, saw what was going on and thought it would work in Walker. "I always run around to other Legions to see what ideas I can steal from them," he says, laughing.

Post 134 was originally chartered in 1919 and re-chartered in 1946 to add a second namesake, Pfc. Robert William Ross, who died fighting on Saipan during World War II. He joins World War I Pvt. William Corse Spencer, also of Walker, who was killed in France on Oct. 2, 1918. Their images share wall space with over two dozen post members who are currently deployed. Inside the post home – in the dining area, at the karaoke microphone or in the cosmic bingo room – veterans mix as if they all had served in the same platoon.

"Just to see other guys my age here, who have gone through the same thing, and you see the gray-hairs, too, and we know they have a story," Cox says. "We like to share ours with them."

– Jeff Stoffer



Wikimedia Commons

VERBATIM

Private Manning put American lives at risk. Manning was convicted of 20 out of 22 charges. Releasing this prisoner sends precisely the wrong message to all Americans who are entrusted to keep our national secrets secret.

American Legion National Commander Charles E. Schmidt, on President Barack Obama's decision to commute the sentence of Army Pvt. Bradley Manning, later Chelsea Manning, who was convicted of violating the U.S. Espionage Act. The former soldier was serving 35 years at Fort Leavenworth for leaking a video to WikiLeaks. Schmidt also expressed concern about Obama's pardon of retired Marine Corps Gen. James Cartwright, who pled guilty last October to making false statements to federal investigators after being accused of leaking top-secret information.

"Would he have been treated the same if he were a sergeant?" Schmidt asked.

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LEGIONNAIRES IN ACTION

'WE'RE SAVING LIVES'

Even though Seth Grant's 15-year career as an Army medic is over, he still takes seriously his oath to protect his fellow Americans.

That's why Grant has been putting in 16-hour days running American Legion Post 134's warming shelter to help get Portland, Ore., residents out of the cold. On any given night since the shelter opened Jan. 4, it has assisted dozens of local people without a place to stay or without power during a record snowfall and freezing temperatures.

"We've had four deaths from hypothermia in the city in the last week," said Grant, Post 134's outreach coordinator, in January. "We all took the same oath to serve our country. Whether this is a domestic enemy, a terrorism threat or an earthquake, it's still a threat. We're not done serving."

"For us to have space where we can allow folks to stay warm, to be comfortable, to be safe, to have a place to bed down and not sleep in a foot and a half of snow, it's the responsible thing to do. That's what we're doing."

Making Post 134 a community asset has been part of Sean Davis' strategy since he was elected post commander in 2014. A post-9/11 veteran, Davis created poetry nights, set up a food pantry and brainstormed family-friendly events. His efforts have increased membership, but providing shelter in time of need is another way to increase the post's visibility.

"I believe for The American Legion to thrive we have to open it up to the community," Davis said. "I believe in the Legion's mission to give veterans a leadership role in their community and to do good. We're doing that."

The post had to take certain steps to make the shelter a



Photo by Steve B. Brooks

reality, like getting registered on a resource list and making sure it had plenty of smoke detectors. But Davis said local agencies were easy to work with – so much that the fire marshal herself installed the necessary smoke alarms.

"There was such a need out there," Davis said. "They met us more than halfway."

Post 134 members help man the center. "The most inspiring

thing, I think, was how the combat veterans just switched on," Davis said. "They went right back into the mode where they started helping out. They went to continuous ops. None of them are getting paid. They're just doing it and saving lives. It's a really awesome thing."

As word spread about what the post was doing, donations poured in. With homemade soup and other food items, no one missed a meal. Clothing and blankets provided more warmth. Hygiene products were dropped off. Former Oregon Gov. Ted Kulongoski even stopped by the post and gave his winter coat to a man staying there. In fact, so many donations came in that Post 134 rerouted some to other facilities providing similar help.

Davis said he'd like to see other Legion posts follow Post 134's lead. "It's making us more than relevant," he says. "We're community leaders again. It's a great thing for veterans because they have a purpose and they're saving lives again in their own community. We're saving lives."

To see videos and photos from Post 134's shelter, visit www.facebook.com/post134. Davis is accessible via the page to offer advice on setting up similar shelters.

– Steve B. Brooks

MAGAZINE

An American Legion salute to nurses

If a military or VA nurse has made a significant impact on your life – perhaps even saved it – join *The American Legion Magazine* and Legion.org in a grateful salute to those who have provided comfort, care and life-saving medical skill to help veterans and military personnel through their most difficult times.

And if you are a military or VA nurse, share with the readers of *The American Legion Magazine* and Legion.org a meaningful moment or patient from your experience as a care provider.

Nurses, patients and witnesses to great care and compassion by nurses are invited to submit their stories and upload photos at www.legion.org/legiontown. Select "Salute to Nurses" as the category. Submissions will be reviewed and posted on the national website. Selected submissions will be included in the September issue of *The American Legion Magazine*.



National Archives

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GALLERY

Young veterans join The American Legion in a mass induction ceremony at the Chicago Coliseum on Nov. 19, 1945, during the organization's 27th National Convention. "The fighting men and women of World War II are flocking into the Legion in tremendous numbers," National Commander Edward Scheiberling said at the time. "Soon we shall number our membership in the millions."

Photo courtesy American Legion Library

EMPLOYMENT

Legion cited as one of top resources for job seekers

An annual survey of veterans and employers shows that The American Legion is one of the top resources for veterans looking for work or resources in their job searches.

The Veterans Talent Index (VTI) was established in 2011 by Monster and Military.com to help transitioning servicemembers get a better grasp of the employment landscape, and to identify barriers to connecting veteran job seekers with employers eager to hire them.

As noted in this year's VTI, the unemployment rate for post-9/11 veterans was 12.1 percent in 2011, much higher than the 8.7 percent of non-veterans. Companies wanted to hire veterans but didn't know where to find them, and many veterans expressed frustration at the difficulty in finding veteran-friendly employers. The result was a concerted effort and partnership among the public, private and nonprofit sectors to work together to help lower the unemployment rate and connect job seekers with employers.

This year's survey asked job seekers and employers about their use or partnerships with nonprofits and veterans service organizations. Twenty-one percent of veterans responding to the survey said they use the Legion for resources in their job searches, compared to 26 percent using VA and 21 percent using the Department of Labor.

 www.legion.org/careers/jobfairs

 www.legion.org/careers

HONOR & REMEMBRANCE

New Medal of Honor first-person stories

The American Legion has updated its collection of Medal of Honor video stories for National Medal of Honor Day, which is March 25. New first-person stories include:

- **Florent Groberg**, who fought off a suicide bomber in Afghanistan who had targeted several senior U.S. military leaders Groberg was escorting.
- **Roger Donlon**, who directed defense operations during a five-hour battle with the Viet Cong amid mortar shells, falling grenades and heavy gunfire from the enemy.
- **Ronald Rosser**, who charged three times up a snowy hill defended by a Chinese battalion in Korea to attack hostile positions alone and, though wounded, helped carry injured soldiers to safety when withdrawal was necessary.
- **Gordon Roberts**, nicknamed "Bird Dog," who shut down four Viet Cong bunkers and helped evacuate wounded personnel while under continuous enemy fire.

Watch these videos and more than 20 others online:

 www.legion.org/medalofhonor

Photo by Clay Lomneth



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BUSINESS

The importance of pivoting

ASK THE VETREPRENEUR



MARK ROCKEFELLER

Q: What does it mean to pivot in business?

A: The difference between a successful small business and a passing fad depends on your willingness to evolve and explore innovative ways for your business to meet a market need. In the startup/small business

community, we call this concept pivoting. Business success often relies on your vision and experience – but the plan you started with doesn't always work out, or it may need to abruptly change course to achieve success. So you pivot. Pivoting is to test your hypothesis continually, iterate on your ideas and see what works or fails. This testing enables you to identify the problems and change direction accordingly. What it means for you as a business owner is the importance of open-mindedness and a willingness to learn. Pivoting can be applied to any element of your business model, whether it's marketing practices, technology, product features, sales channels or revenue models.

Q: How do you know when to pivot?

A: As the owner, you are in the best position to determine how to pivot and when, but there are a few questions you can ask yourself to be sure:

- Are your users or customers unsatisfied with your product or service? Take time to really listen to what they're saying. It might be time to make a change to make your market work.
- Does one part of your business work better than the whole? If a spinoff product is working better than the original, it might be a good time to look at the whole picture and refocus your efforts. A new approach may have greater potential than your original plan.

To better understand the concept of pivoting, I recommend Eric Ries' "The Lean Startup."

Mark Rockefeller is an entrepreneur, attorney and veteran. He is the co-founder and CEO of StreetShares, an online marketplace where investors compete to provide shares of commercial loans to small businesses.

Follow Rockefeller on Twitter @markrockefeller or StreetShares @StreetShares

Have a question? Send it to him at questions@streetshares.com.



Photo courtesy Ray Johnson

CENTENNIAL

Post 365, Vista, Calif.

Pictured above are some of the World War I veterans who organized Vista Post 365. The photo was taken by H.P. Schmidt on July 31, 1930, about six months after the post was formed. A local newspaper reported that it had more than 40 members – "a fine bunch of chaps" who were "full of pep" and "ready to carry on in the various activities prescribed by the Legion."

According to post historian Ray Johnson, the group eventually outgrew its first home, and Vista resident Alvin M. Dunn donated land for a new building. In return, the post renamed itself for Dunn's grandson, who died in an Army Air Corps training accident in 1942. The post used the building from 1948 to 2010.

SHARE YOUR POST'S LEGACY

Upload stories, photos and videos of your post's history on the Legion's Centennial Celebration website.

www.legion.org/centennial

EDUCATION

Federal tuition assistance and Chapter 1606



Q: I am serving in the Army Reserve and have decided to go back to school. Can I receive federal tuition assistance and Montgomery GI Bill-Selected Reserve (Chapter 1606) benefits for the same class?

A: If you are receiving federal tuition assistance, you will not be able to use that and Chapter 1606 for the same class. It is a good idea to compare your benefits before you decide which you should use.

To be eligible for Chapter 1606, you must currently be active in the reserves and have signed up for a six-year enlistment. The rates will vary depending on full time, three-quarters time or half time. VA will issue a monthly check; in turn, you must pay your tuition.

To be eligible for federal tuition assistance, you must be on active drill status and have signed up for six years. DoD will pay up to \$250 for each semester hour.

Visit your service's local education office to learn more about either option.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Arizona. askvalerie@legion.org

HONOR & REMEMBRANCE

Legionnaire's traveling memorial celebrates patriotism

With a pictorial timeline of U.S. history, Ohio Legionnaire Ron Smith wants to give people a greater appreciation of the sacrifices Americans have made to protect and preserve freedom at home and around the world.

"The Spirit of America's Story – The Wall" is a 70-foot traveling exhibit of images spanning the life of America, from the Revolutionary War to the Persian Gulf War. The three final panels, which are near completion, will portray 9/11 and the global war on terrorism. Altogether, the memorial will have 10 connected pieces of artwork that stand more than 7 feet high and 100 feet long.

Military men and women, law enforcement, firefighters, American Indians and others are scattered throughout the paintings to "keep America's sense of patriotism ignited," as well as to promote respect for all those who wear uniforms and to help bring people together, says Smith, a Marine Corps veteran and member of American Legion Post 83 in Sandusky. "This memorial is a lesson on freedom. We wish to educate and inspire our future generations to gain a deeper understanding and appreciation of America's sacrifices for freedom – on the battlefield and on the homefront."

Smith created the wall with Patricia Sexton, whose



husband, Army Sgt. David Sexton, was killed in the Vietnam War; his remains have yet to be returned. They wanted to create a traveling exhibit that, unlike most other memorials, uses images rather than words to illustrate key periods in U.S. history – moments that capture the nation's ongoing struggle for liberty, Smith says, and communicate to future generations the importance of continually protecting the freedoms Americans enjoy today.

Smith and Sexton display the wall for audiences in Ohio and beyond. The custom-built panels are mobile and can accommodate nearly any indoor or outdoor space. During their presentation, they talk about the images in the wall's panels and show a video that tells the story of the memorial's inspiration.

– Cameran Richardson

Go online to find out how to bring the "Spirit of America" traveling memorial to your post:

www.spiritofamericastory.com

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PERSONAL FINANCE



How USAA membership eligibility has evolved

FOCUS ON FINANCES



J.J. MONTANARO

People often ask me how they or their family members can join USAA.

While eligibility has changed over the years, the good news is that it's gotten easier to answer that question, and – with some recent changes – to establish USAA membership.

Right now, those eligible for membership include:

- All men and women currently serving in the U.S. military (active duty and reserve).
- Military retirees.
- Veterans who received honorable discharges.
- Cadets and midshipmen at service academies, in advanced ROTC or on ROTC scholarship, and officer candidates within 24 months of commissioning.
- Members of certain federal agencies, such as the FBI.

Once membership is established, it can be passed on to the next generation.

However, one of the historic challenges of establishing USAA membership has always been the requirement to purchase some sort of a property insurance policy to lock in membership. That changed in November. Rather than having to buy an auto, renters, homeowners or Valuable Personal Property policy, now you can just call USAA or visit us online to establish eligibility and

receive a member number, and at that point you've unlocked membership for your children and potentially for generations to come.

November's change inspired me to search the archives and review how the membership rules have evolved since 1922, when USAA was established to provide mutual self-insurance for Army officers.

Here are highlights of how the membership requirements have changed since then:

- In 1923, Navy and Marine Corps officers became eligible.
- In 1935, USAA added widows and widowers of members who have not remarried.
- In 1948, USAA welcomed Air Force officers.
- In 1997, noncommissioned officers became eligible for membership. This was a big first step in opening up membership to all those who serve and have served the United States in uniform.
- In perhaps the biggest move, in 2009 anyone who served honorably became eligible for USAA membership. In my mind, this change made a key element of USAA's mission possible. Opening the door to more members paved the way for us to become "the provider of choice for the military community."

I've been at USAA for about 14 years now, and it's always been a great place to work. It's an organization focused on facilitating the financial security of its members. It's even better now that I can tell someone who is interested in joining to just visit usaa.com/legion or give us a call at (877) 699-2654 and sign up, no purchase required.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. Submit questions for him online.

www.legion.org/usaa/focusonfinances

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FOREIGN AFFAIRS

Cyberattacks target nuclear sites

The head of the International Atomic Energy Agency, the United Nations' nuclear watchdog, says cyberattacks have successfully targeted nuclear plants and calls on governments to get serious about defending facilities, Reuters reports.

"This is not an imaginary risk," IAEA Director Yukiya Amano said after confirming what Reuters calls "a disruptive cyberattack" against an unspecified nuclear facility. "This issue of cyberattacks on nuclear-related facilities or activities should be taken very seriously. We never know if we know everything or if it's the tip of the iceberg."

The unspecified attack was classified as disruptive rather than destructive, but Amano emphasized that it "caused some problems" and that governments need to take precautionary measures to prevent destructive cyberattacks against nuclear facilities going forward.



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How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280, e-mail reunions@legion.org or submit information via our website, www.legion.org/reunions.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. **Due to the large number of reunions, The American Legion Magazine will publish a group's listing only once a year.**

Notices should be sent at least six months prior to the reunion to ensure timely publication.

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to **The American Legion Magazine, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280 or e-mail reunions@legion.org.

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life

memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.** Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.**

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to **The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206.** Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

457th Airlift Sqdn, Alexandria, VA, 6/30, Michael Chimienti, (708) 606-3972, michael.chimienti@gmail.com; **475th Ftr Grp 431st, 432nd & 433rd Sqdns, P-38s of WWII (SW Pacific)**, Nashville, TN, 5/25-28, Rhonda Rose, (615) 947-7470, rrose222@att.net; **603rd AC&W Sqdn, Dets & Operating Locations**, Pigeon Forge, TN, 4/30-5/3, Vaughn Rogers, (727) 375-8955, btb_rogers@yahoo.com; **AF Red Horse & Prime BEEF Civil Eng Sqdns**, Lexington, KY, 9/12-15, Dick Aldinger, (407) 859-7436, famdinger@aol.com; **Nagoya/Komaki AB, Japan**, Charleston, SC, 5/7-9, Joe Calhoun, (724) 538-3638, normac@embarqmail.com

ARMY

1st Bn 40th FA (Vietnam, 1966-1969), Pigeon Forge, TN, 6/11-15, James Bishop, (209) 952-0535, jabishop12@comcast.net; **3rd Bn 8th Inf**, Arlington, VA, 9/7-10, Steve Edmunds, (949) 294-6981, edmundsdb@aol.com; **4th Armd Div 4th QM Bn A Co (Goppingen, Germany, 1957-1960)**, Pigeon Forge, TN, 5/22-25, Lloyd Harfst, (636) 742-2012, mlharfst@charter.net; **5th Bn 60th Inf Assn (9th Inf Div)**, St. Louis, 6/22-25, William Metzler, (707) 374-1377, metz560@frontiernet.net; **6th Army Grp (WWII)**, Springfield, VA, 9/13-16, Monika Stoy, (703) 912-4218, timmoni15@yahoo.com; **24th Trans Co**, Fort Riley, KS, 7/21-23, Rafael Morales, (305) 342-1062, webmaster@24thtruckmasters.net; **25th Inf Div Assn**, Oklahoma City, 10/2-8, Sarah Krause, (215) 248-2572, troplcmt@aol.com; **30th FA Rgt Assn "Hard Chargers"**, Lake George, NY, 6/19-23, John Hoetker, (518) 377-9420, nywfia@aol.com; **73rd Heavy Tank Bn (Korea, 1973-2017)**, Pigeon Forge, TN, 5/7-11, Vic Caproni, (513) 662-4949, vscapron@yahoo.com; **76th Eng Const Bn**, Lebanon, TN, 4/27-29, Richard Cerone, (207) 647-3877, rfercerone@gmail.com; **97th Eng Bn (Const) / 97th Eng Rgt**, Fort Wainwright, AK, 9/14-17, J Neil Jednoralski, (785) 825-6847, jneil.jednoralski@con.net; **101st Abn 2319th Arty All Btrys (Vietnam, 1967-1972)**, Nashville, TN, 5/11-14, Jim Miller, (708) 205-0548, ssjimmy@comcast.net; **101st Abn Div 3/187 Inf Rgt (Hamburger Hill)**, Clarksville, TN, 5/16-18, Tom Martin, (856) 332-7030, fudd99_1999@yahoo.com; **168th Cbt Eng Bn**, Omaha, NE, 6/1-4, Bob Ekdahl, (402) 983-4163, roe91239@gmail.com; **189th FA Bn & 645th Tank Dest Bn (1941-1986)**, Branson, MO, 5/18-21, Jerry Kemp, (817) 573-6237, jkemp36@att.net; **196th Light Inf Bde**, Louisville, KY, 7/26-30, David Eichhorn, (740) 678-2001, de323435@frontier.com; **196th RCT**, Kansas City, MO, 9/11-14, Alex MacFarlane, (847) 543-0926; **407th Radio Research Det**, Charleston, SC, 6/8-11, Fletcher Biggs, (843) 307-7751, jgrichee@att.net; **553rd Engrs (Float Bridge)**, Clarksville, TN, 5/2-4, Clyde "Gino" Phillips, (530) 622-6999, genephi213@gmail.com; **Army Avn Martin**

B-26 Marauder Hist Society – 75th Anniv of Midway and Flak Bait, Chantilly, VA, 6/1-3, Jenn Merritt, (520) 322-6226, admin@b-26mhs.org; **Combat Tracker Teams of Vietnam**, Branson, MO, 6/22-24, Tom Auer, (573) 345-4539, thomasauer6970@yahoo.com; **D Trp 1st Sqd 10th Cav (Vietnam)**, Kansas City, MO, 4/4-7, Ron Adams, (404) 713-0709, adamsofga@aol.com; **Delta Trp, 7/1 ACS Blackhawks**, Fort Knox, KY, 5/18-21, Joe Vernengo, (586) 337-3334, jvern106@comcast.net; **K Co 159th Avn Rgt**, Savannah, GA, 6/30-7/2, Bridget Gatewood, (410) 971-9642, kco159th@aol.com; **Merrill's Marauders & Descendants**, West Point, NY, 8/4-6, Jerrie Daly, (651) 204-5002, mmpdtreas@gmail.com; **Society of the Fifth Div**, Kansas City, MO, 9/7-11, Robert Dudley, (913) 220-3725, colrududley@aol.com; **US Mil Liaison Mission Assn**, Washington, 4/28-30, Lawrence Schwab, (602) 242-4325, lrschwab@aol.com; **Vietnam Helicopter Pilots Assn – Ohio River LZ**, Indianapolis, 4/7-9, www.ohrivlz.org; **Vietnam Veterans Line Haul Reunion**, Pigeon Forge, TN, 5/2-7, Wesley Taylor, (904) 335-7402, vietnam566th@yahoo.com

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JOINT

Alaska Mil Vets, Kansas City, MO, 9/11-14, Don Retchlag, (847) 429-9717; **Holy Loch, Scotland, Sub Repair Depot (1960-1992) – Sailors, Marines, Support Personnel & Family**, Dunoon, Scotland, 5/17-21, Doug Ebert, (307) 349-3468, lochsailor9@charter.net; **Int'l Abn Hist Seminar**, Springfield, VA, 9/27-30, Monika Stoy, (703) 912-4218, timmoni15@yahoo.com; **Korean War Hist Seminar**, Springfield, VA, 4/19-22, Monika Stoy, (703) 912-4218, timmoni15@yahoo.com; **Udorn Veterans Research Grp (Air America, CAT, FACS, Thai Mil Personnel & Govt and Civilian Workers, Udorn RTAFB, 1961-1976)**, Knoxville, TN, 10/5-8, Charles Harrison, (630) 484-3462, ual777ap@yahoo.com

MARINES

1st Bn 3rd Mar (All Eras), Savannah, GA, 8/1-6, Don Bumgarner, (562) 897-2437, dbumc13usmc@verizon.net; **1st Mar Aircraft Wing Assn-Vietnam Service**, San Diego, 9/28-30, Albert Frater, (201) 906-1197, teanal@optonline.net; **2/3/3 Vietnam Vets**, San Antonio, 4/26-29,

Art Ferguson, clydesdadfergy@aol.com; **Golf Co 2nd Bn 7th Mar (Vietnam, 1965-1970)**, Cape Girardeau, MO, 8/3-6, Jim Stroman, (573) 545-3901, rngjrms@yahoo.com; **Hotel Co 2/7 (Vietnam)**, Kenner, LA, 6/22-25, David "Doc" McCann, (504) 909-9972, nopdret@gmail.com; **Mar Bks Bermuda**, Nashville, TN, 9/24-28, Dennis McDonald, (763) 473-3458, d.mcdonald82575@comcast.net; **Marines of Long Ago (All Eras)**, Fredericksburg, VA, 4/25-28, Joe "Red" Cullen, (203) 877-0846, aircooledmg7@aol.com; **USMC Vietnam Tankers**, St. Louis, 9/21-25, John Wear, (215) 794-9052, johnwear2@verizon.net

NAVY

Abnaki ATF 96, Linthicum, MD, 9/6-10, Jackie Vaughn, (410) 414-5182, jackie.vaughan@comcast.net; **Ajax AR 6**, Spokane, WA, 6/11-15, Thomas Judge, (830) 745-2141, tjudge7673@sbcglobal.net; **Bennington CV/CVA/CVS 20**, Deerfield, SD, 9/13-16, Loren Wevers, (605) 380-1130, weerscv20@outlook.com; **Bushnell AS 15**, Branson, MO, 4/24-28, Richard Yarman, (614) 517-9271, ryarman1964@gmail.com; **Destroyer Leader Assn**, San Antonio, 9/10-16, Mike Bugara, (401) 635-8860, mjbugara@hotmail.com; **Epperson DDE/DD 719**, Mobile, AL, 10/18-22, Steve Kaminsky, (847) 566-1918, pairfoskis@comcast.net; **Gearing DD 710**, Tampa, FL, 4/26-30, Bob Witkowski, (718) 824-3733, rjwemall@aol.com; **Grand Canyon AD/AR 28**, Warwick, RI, 8/24-28, Wilson Chamberlin, (843) 504-8771, wtchamberlin@aol.com; **Ingraham DD 694**, Philadelphia, 9/13-16, Gregory Miller, (814) 695-3246, gmanflyer@verizon.net; **James Madison SSBN 627**, Charleston, SC, 5/17-20, Fred Huwe, (715) 934-4009, fchuwe@cheqnet.net; **John King DDG 3**, Fall River, NY, 9/11-15, Matt Cummings, (917) 685-6804, mrgrilhaley@msn.com; **John S. McCain DL 3/DDG 36**, San Antonio, 9/10-16, Peter Peterson, (321) 952-2066, retep401@gmail.com; **Klondike AD/AR 22**, New Orleans, 9/8-11, Dennis L Case, (309) 299-0275, denniscase@comcast.net; **Leary DD 879**, Branson, MO, 10/22-26, Al Redden, (308) 530-1284, alshr@allophone.com; **Mine Division 113 (Vietnam)**, Hot Springs, AR, 10/12-15, Don Hecke, (501) 620-0593, don9329@hotmail.com; **Mitscher DL 2/DDG 35**, San Antonio, 9/10-16, Gary Marchido, (231) 206-1665, garmarchido@aol.com; **NAS Atlanta (Marietta & Chamblee)**, Dillard, GA, 5/5-6, Al Nordin, (678) 581-9594, anordin912@aol.com; **Nitro AE 2/23 Assn**, San Francisco, 6/22-25, Bob Eberlein, (574) 277-3128; **Norfolk DL 1**, San Antonio, 9/10-16, Bob Godas, (516) 293-4115, bobg190@verizon.net; **O'Bannon**, Branson, MO, 9/11-14, Earl Faudon, (405) 833-7372, dd445@cox.net; **Ogden LPD 5**, Rapid City, SD, 9/20-23, Mark Stephens, (570) 640-1094, ussogdenlpd5@gmail.com; **Picking DD 685**, St. Louis, 10/9-12, Michael Overschmidt, (314) 808-1445, mikeovers1@gmail.com; **Randolph CV/CVA/CVS 15**, Dayton, OH, 9/17-24, S. Rizza, (321)

454-2344; **Rasher SS/SSR/AGSS 269**, Napersville, IL, 9/6-11, Richard Moore, (804) 815-0730, drifterpilot@cox.net; **Richmond K. Turner DLG/CG 20**, Charleston, SC, 11/9-12, Eric Miller, (610) 285-2358, teempa@aol.com; **Robert A. Owens DD/DDE/DDK 827**, Wayne, PA, 9/6-10, John "Jack" Wanko, (215) 355-3982, johnwanko71@msn.com; **Stoddard DD 566**, New Orleans, 9/20-23, John Rauh, (573) 547-8523, cjrauh@ltd.net; **TACAMO Community Veterans Assn**, Oklahoma City, 6/21-25, Cheryl Vos, (859) 609-4624, tacamocommunity@gmail.com; **Takelma ATF 113**, Louisville, KY, 9/28-10/1, Mike Simmons, (260) 499-0663, micsimmons@hotmail.com; **Tallahatchie County LST 1154/AVB 2**, Evansville, IN, 8/16-20, Tom Golden, (201) 707-2730, barlori1@aol.com; **The Sullivans DD 537 / DDG 68**, Buffalo, NY, 9/20-24, Hal Burke, (708) 387-7779, sullydd-537@att.net; **Thetis Bay CVE 90/CVHA 1/LPH 6**, Oshkosh, WI, 9/6-10, Frank Balthazor, (608) 249-9961, shaggybear11@charter.net; **Ticonderoga CV/CVA/CG 47**, Tampa, FL, 5/18-22, Fred Vance, (785) 271-5900, jhox123@yahoo.com; **Topeka CLG 8**, Buffalo, NY, 9/18-21, Al Gustafson, (716) 648-5960, gus127@verizon.net; **VA-85 Black Falcons**, Charleston, SC, 10/4-8, Kim Brockhoff, (859) 428-0306, va85reunion@gmail.com; **Wilkinson DL 5**, San Antonio, 9/10-16, John Lair, (619) 479-7387, hobocamp@aol.com; **Will Rogers SSBN 659**, Groton, CT, 3/29-4/1, Earl Colella, (734) 730-1026, earl.colella@comcast.net; **Willis A. Lee DL 4**, San Antonio, 9/10-16, Frank Graham, (718) 934-6410, frankdl-4@optonline.net; **Worden DLG/CG 18**, Washington, 10/4-8, Dave Langevin, (201) 251-0956, usswordenreunion@gmail.com; **Zellers DD 777**, Lincolnshire, IL, 9/7-11, Donna Powell, (847) 468-1003, bnbsrose@yahoo.com

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62nd Navy Const Bn (WWII), Gust Cougias, gcougias@tampabay.rr.com
74th FA Bn (Craisheim, Germany, 1955-1957), William McClure, hoveymcclure@gmail.com
97th Gen Hosp MP Unit (Frankfurt, Germany, 1971-1974), Fred Canterbury, (304) 440-0148, fredwv099@gmail.com
189th FA Bn 645th Tank Dest Bn (1941-1986), Jerry Kemp, (817) 573-6237, jkemp36@att.net
224th Rgt Unit 40th Div (Korea, 1952-1953), Mel Lewis, (570) 409-8016
408th MMS (Ubon, Thailand, 1967-1970), Jim Snyder, (319) 350-7928, jsnyder1941@gmail.com
571st MP Co (Fort Ord, CA, 1988-1989), Steve Ostdiek, (402) 991-7725, slostdiek@cox.net
577th Eng Bn (Vietnam, 1966-1972), Jim Stevens, (910) 579-5704, jrs562@aol.com
705th AC&W (King Salmon, AK, 1959), Roy Cerecke, (616) 827-0540, roymcmxl@yahoo.com
932nd FA (Camp Carson, CO, 1953-1955), William Acton, (734) 326-2607, williamacton@aol.com
3920th AB Sqdn (RAF Brize Norton, July 1961-May 1964), Angus McLeod, (910) 986-2362, mcleoda@nc.rr.com
E-2-E (Camp Pelham, Korea, 1988-1989), Steve Ostdiek, (402) 991-7725, slostdiek@cox.net
Eng Bn (Fort Clayton, Panama Canal Zone, 1960-1963), Steve Bohn, (516) 232-4325, captainvideo5757@gmail.com
HQ Btry 1/3 Arty 2nd Armd Div (Fort Hood, TX, 1969-1970), Gary Carlson, (701) 952-2285
Leary DD/DDR 879 (1944-1974), Al Redden, (308) 530-1284, alshr@allophone.com
Mike Co 3rd Bn 1st Div 5th Mar Rgt, Pat Gregerson, (708) 372-5716, 11663 S. LaPorte Ave., Alsip, IL 60803
PC 1256 (Pacific, WWII), Jack Hottle, (434) 799-8284, jhot1@verizon.net
Tank Co (90 mm Gun) 26th Inf Rgt 1st Inf Div (Bamberg, Germany, 1954-1956), Bob Butler, (860) 875-2836

TAPS

Marshall E. "Ted" Behr Jr., Dept. of New Jersey. Dept. Cmdr. 2003-2004.
Larry J. Besson, Dept. of Illinois. Dept. Cmdr. 1982-1983, Nat'l Centennial Task Force for Future Memb. 2011-2013, Nat'l Distinguished Guests Cmte. Vice Chmn. 1976-1978, Nat'l

Internal Affairs Cmsn. Vice Chmn. 1984-2006, Nat'l Internal Affairs Cmsn. Memb. 1983-1984, Nat'l Internal Affairs Cmsn. Chmn. 2006-2016 and Nat'l Mbrshp. & Post Activ. Cmte. Memb. 1978-1983.

John J. Bettencourt, Dept. of California. Dept. Cmdr. 1992-1993, Nat'l Americanism Cmsn. Liaison Cmte. Memb. 1994-1996, Nat'l Exec. Cmte. Memb. 1994-1996 and Nat'l Veterans Affairs & Rehab. Cmsn. Region 7 Memb. 1993-1994.

Donald J. Buffington, Dept. of Montana. Dept. Cmdr. 1986-1987, Nat'l Exec. Cmte. Alt. Memb. 1987-1989, Nat'l Citizens Flag Alliance Dept. Chmn. 1997-2003 and 2004-2008, Nat'l Exec. Cmte. Memb. 1989-1991, Nat'l Internal Affairs Cmsn. Liaison Cmte. Memb. 1989-1991 and Nat'l Sec. Cncl. Vice Chmn. 1991-1993.

Alfred G. Canale, Dept. of Massachusetts. Honorary Dept. Cmdr. 2000, Nat'l Exec. Cmte. Alt. Memb. 1997-1999, Nat'l Veterans Employment & Education Cmsn. Liaison Cmte. Memb. 1999-2000, Nat'l Employment Cmte. Memb. 1982-1999 and 2001-2013, Nat'l Employment & Veterans Pref. Cmte. Memb. 2013-2016, Nat'l Exec. Cmte. Memb. 1999-2001, Nat'l Exec. Cmte. Memb. 1999-2001, Nat'l Foreign Relations Cmsn. Liaison Cmte. Memb. 2000-2001 and Nat'l Sec. Cncl. Vice Chmn. 1976-1982.

Darrell A. Loveland, Dept. of Utah. Dept. Cmdr. 1974-1975.

Arthur E. Rowers, Dept. of Illinois. Dept. Cmdr. 1993-1994, Nat'l Exec. Cmte. Alt. Memb. 1995-1997, Nat'l Exec. Cmte. 1997-1999, Nat'l Americanism Cmsn. Liaison Cmte. Memb. 1997-1999, Nat'l Citizens Flag Alliance Dept. Chmn. 1994-1996, 1997-1999 and 2000-2003, Nat'l Youth Education Cmte. Vice Chmn. 1987-1997 and 2000-2016, Nat'l Youth Education Cmte. Memb. 1981-1987, 1999-2000 and 2016-2017.

Robert R. Rich Jr., Dept. of Maine. Dept. Cmdr. 1975-1976, Nat'l Merchant Marine Cmte. Memb. 1973-1976, Nat'l Sec. Cncl. Vice Chmn. 1990-1994 and Nat'l Trophies, Awards & Ceremonials Cmte. Nat'l Cmdr.'s Rep. 1976-1978.
John M. Tyson, Dept. of Alabama. Dept. Cmdr. 1984-1985, Nat'l Internal Affairs Cmsn. Memb. 1982-1988, Nat'l Military Affairs Cmte. Memb. 1988-1994 and Nat'l Sec. Cmsn. Memb. 1994-2007.

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All's fair in love and golf.

A WOMAN caught her husband on the weight scale, sucking in his stomach.

"That won't help," she commented.

"Oh, it helps a lot," he replied. "It's the only way I can see the numbers."

EVER STOP TO WONDER ...

... why a round pizza is delivered in a square box?

... why people go up in tall buildings and put money in binoculars to see things on the ground?

... why they sterilize a needle for a lethal injection?

... why Tarzan doesn't have a beard?

... why someone believes you when you say there are 4 billion stars but has to check when you say the paint is wet?

... why "phonetically" is spelled with a "ph"?

... why banks charge a fee for "insufficient funds" when they know there isn't enough?

A SICK MAN asked a friend to recommend a doctor, and he gave him his doctor's name and phone number.

"Is he expensive?" the man asked.

"He's not really cheap," the friend admitted. "He charges \$100 for the first visit, but after that it's only \$25."

So the sick man made an appointment, and as soon as the doctor came in he exclaimed, "Well, doc, here I am again!"

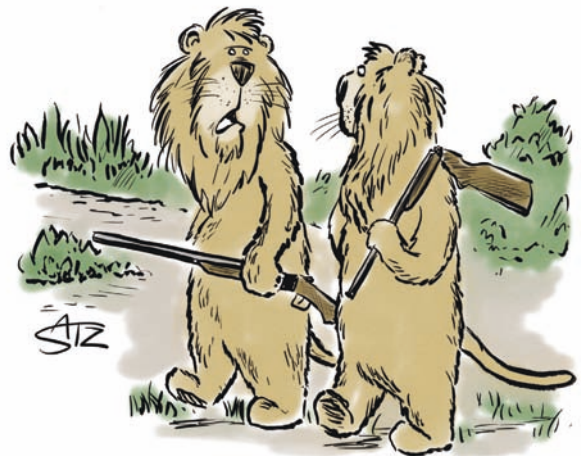
MY COUGHING is much better now. I set off only two dogs barking in the night instead of four.



"Then it's settled. She gets the house and cars, and you get a participation trophy."



"Moving it out here was a great time-saver."



"I kind of miss the thrill of the chase."

A GAME WARDEN found a man standing at the edge of a lake, fishing pole in hand.

"Sir, you can't fish here," he said.

"I'm not fishing," the man replied. "I'm teaching my worm to swim."

THEY THREW ME out of the movies today for bringing my own food. But let's be honest – the prices are way too high. Plus, I hadn't had a barbecue in months.

YOU'LL NEVER BELIEVE who I bumped into on my way to the eye doctor. Everybody!

"FACEBOOK IS TESTING a new group phone call feature that will let you talk on the phone with up to 50 friends at once. If you want to try it, you go to Facebook, you click on 'Features,' and then select 'Living Nightmare.'" – Jimmy Fallon

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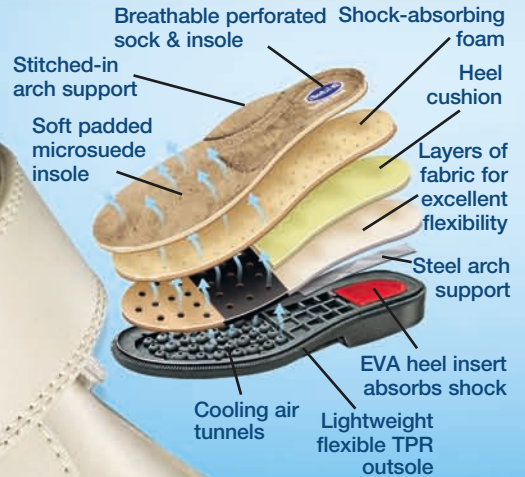
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D6	COPPER			

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7 7½ 8 8½ 9 9½
10 10½ 11 12 13 14
***EEE Widths (\$5 more per pair):**
7½ 8 8½ 9 9½ 10
10½ 11 12 13 14

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